

# SUGAR PUSH TWIST

LINEDANCE.COM

**Count:** 48

**Wall:** 1

**Level:** intermediate

**Choreographer:** Carol Jensen

**Music:** If You Just Let Me Into Your Heart by Mary Chapin Carpenter

## FORWARD, FORWARD, KICK, BACK, TURN

**1-2** Step right forward, step left forward

**3-4** Kick right forward, step right straight back (weight on right)

**5&6¼ turn left behind right, step right next to left, ¼ turn onto left**

## FORWARD, FORWARD, KICK, BACK TURN

**1-2** Step right forward, step left forward

**3-4** Kick right forward, step right straight back (weight on right)

**5&6¼ turn left behind right, step right next to left, ¼ turn left onto left**

## FORWARD, FORWARD, KICK, CROSS, SIDE, TOUCH, BACK, FORWARD, TURN, FORWARD

**1-2** Step right forward, step left forward

**3-4** Kick right forward, cross right in front of left

**5-6** Step left side left, touch right next to left

**&7&8** Back on right, touch left heel forward, step left next to right, touch right next to left

**&9&10** Right behind left into ¼ turn right, touch left heel forward, step left in place, touch right next to left

## FORWARD, KICK, CROSS, SIDE, BACK, FORWARD, TURN, FORWARD

**1-2** Step forward right, kick forward left

**3-4** Cross left over right, step right side right

**&5&6** Step left back, touch right heel forward, step right next to left, touch left next to right

**&7&8** Step left behind right into ¼ turn left, touch right heel forward, step right next to left, step left forward

## FORWARD, BACK, TURN, FORWARD, TURN, BACK, SAILOR STEP (TWICE)

**1-2** Step forward right, step back left

- 3-4** Pivot ½ turn right onto right, step forward left
- 5-6** Pivot ½ turn left onto right, step back on left
- 7&8** Cross right behind left, step ball of left foot side left, change weight to right as you step to side right
- 9&10** Cross left behind right, step ball of right foot side right, change weight to left as you step to side left

### **HIP BUMPS, HIP BUMPS, FORWARD, FORWARD, TURN, FORWARD**

- 1-2** Step right forward into ¼ turn left as you bump hip to right, bump hip right again
- 3-4** Pivot ½ turn right on ball of right foot stepping onto left as you bump hip left, bump hip left again
- &5-6** Step back on ball of right foot, forward onto left, forward onto right
- 7-8** Pivot ¼ turn left on left (weight to left), touch right next to left

### **REPEAT**