

CT SUGAR SHUFFLE

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Sally Shock & Liz Bogan

Music: Dust On The Bottle by David Lee Murphy

HEEL-BALL-CROSS, FORWARD SHUFFLES WITH ½ TURN

- 1 Touch right heel forward
- & Step next to left on ball of right
- 2 Cross step left over right
- 3 Touch right heel forward
- & Step next to left on ball of right
- 4 Cross step left over right
- 5 Step forward on right
- & Step left next to right
- 6 Step forward on right
- 7 Step forward on left ¼ turn to the right
- & Pivot ¼ turn right on left stepping right next to left
- 8 Step back on left

HEEL-BALL-CROSS, FORWARD SHUFFLES WI ½ TURN

- 1 Touch right heel forward
- & Step next to left on ball of right
- 2 Cross step left over right
- 3 Touch right heel forward
- & Step next to left on ball of right
- 4 Cross step left over right
- 5 Step forward on right
- & Step left next to right
- 6 Step forward on right
- 7 Step forward on left ¼ turn to the right

& Pivot ¼ turn right on left stepping right next to left

8 Step back on left

SUGAR PUSH FORWARD, TRIPLE STEP SAILOR SHUFFLE

1 Step forward on right

2 Step forward on left

3 Touch right toes behind left

4 Take a large step back on right

5 Step left next to right

& Step right in place

6 Step left in place

7 Step behind left on right

& Step to left on left

8 Step home on right

SUGAR PUSH BACK, TRIPLE STEP SAILOR SHUFFLE

1 Step back on left

2 Step back on right

3 Touch left next to right

4 Take a large step forward on left

5 Step right next to left

& Step left in place

6 Step right in place

7 Step behind right on left

& Step to right on right

8 Step ¼ turn left on left

SYNCOPATED TOE TOUCHES SIDE SHUFFLE, ROCK STEP

1 Touch toes of right forward

& Slide right home

2 Touch toes of left forward

& Slide left home

- 3 Touch toes of right forward
- & Slide right home
- 4 Cross step left over right
- 5 Step to right on right
- & Slide left next to right
- 6 Step to right on right
- 7 Rock step back on left
- 8 Rock forward onto right

SYNCPATED TOE TOUCHES, SIDE SHUFFLE, ROCK STEP

- 1 Touch toes of left forward
- & Slide left home
- 2 Touch toes of right forward
- & Slide right home
- 3 Touch toes of left forward
- & Slide left home
- 4 Cross step right over left
- 5 Step to left on left
- & Slide right next to left
- 6 Step to left on left
- 7 Rock step back on right
- 8 Rock forward onto left

SYNCPATED HIP BUMPS

- 1 Step back at an angle on right and bump hips
- 2 Bump hip to left and forward
- 3 Bump hips to right and back
- & Bump hips to left and forward
- 4 Bump hips to right and back
- 5 Step back at an angle on left and bump hips
- 6 Bump hips right and forward

- 7 Bump hips left and back
- & Bump hips right and forward
- 8 Bump hips left and back

SYNCOATED HIP BUMPS

- 1 Step back at an angle on right and bump hips
- 2 Bump hip to left and forward
- 3 Bump hips to right and back
- & Bump hips to left and forward
- 4 Bump hips to right and back
- 5 Step back at an angle on left and bump hips
- 6 Bump hips right and forward
- 7 Bump hips left and back
- & Bump hips right and forward
- 8 Bump hips left and back

REPEAT