

BLACK NO SUGAR

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Count: 32 **Wall:** 4 **Level:** beginner

Choreographer: Sho Botham

Music: You Are Never Nice To Me by BR5-49

TOE STRUTS FORWARD, HEELS AND HIP SWINGS

- 1-4** Toe struts forward right-left-right-left (easier alternative: 4 walks forward)
- 5-6** Step right foot to right with hip swing and placing heel down for emphasis, swing hips to left and drop left heel (feet remain apart)
- 7-8** Swing hips to right and drop right heel, swing hips to left and drop left heel

TOE STRUTS BACKWARD, HEELS AND HIP SWINGS

- 1-4** Toe struts backwards right-left-right-left
- 5-6** Step right foot to right with hip swing and placing heel down for emphasis, swing hips to left and drop left heel (feet remain apart)
- 7-8** Swing hips to right and drop right heel, swing hips to left and drop left heel

GALLOPS

- 1&2** Step right foot to right, step ball of left foot next to right foot, step right foot to right
- &3&4** Step ball of left foot next to right foot, step right foot to right, repeat ball-change
- 5&6** Step left foot to left, step ball of right foot next to left foot, step left foot to left
- &7&8** Step ball of right foot next to left foot, step left foot to left, repeat ball-change

You can add an optional hitch on the "&" after counts 20 and 24

DOUBLE ROCK, STEP, HITCH AND ¼ TURN RIGHT, SHUFFLE

- 1-2** Rock right foot forward, step left foot in place (recover)
- 3-4** Rock back on right foot, step left foot in place (recover)
- 5-6** Step right foot forward, turn ¼ to right on ball of right foot and hitch left knee
- 7-8** Shuffle forward left-right-left

REPEAT