

Sugar Shake

48 Count, 4 Wall, Improver

Choreographer: Sue Ann Ehmann (USA) Feb 2013

Choreographed to: She's Boogy'n by Doug MacLeod, CD:
DUBB (118 BPM); Shake That Thing by The Fantastic
Shakers, CD: Git Ya Some

Intro: Begin on vocals – “Well, I went to my tavern. . .”

Intro: 16 counts - begin on vocals (Use the vine variations)

1-8 SLIDE RIGHT, DRAG, TOUCH, BUMP & STEP, BUMP & STEP

1-4 Large step right to side (1) drag left slowly in ending with a touch (2-3-4)

5&6 Touching left slightly forward bump hip left, right, step in place

7&8 Touching right slightly forward bump hip right, left, step in place
(Variation: 1-4 Vine right, touch)

9-16 SLIDE LEFT, DRAG, TOUCH, BUMP & STEP, BUMP & STEP

1-4 Large step left to side (1) drag right slowly in ending with a touch (2-3-4)

5&6 Touching right slightly forward bump hip right, left, step in place

7&8 Touching left slightly forward bump hip left, right, step in place
(Variation: 1-4 Vine left, touch)

17-24 ROCKING CHAIR (2X)

1-4 Rock right forward, recover left, rock right back, recover left

5-8 Rock right forward, recover left, rock right back, recover left
(For added “Shake” bump hips on each rock forward and back)

25-32 TOE-HEEL-CROSS, TOE-HEEL-CROSS, TOE-HEEL (a.k.a. SUGARFOOT)

1-2-3 Touch right toe beside left turning right knee inward, touch right heel beside left turning knee outward, step right across left

4-5-6 Touch left toe beside right turning left knee inward, touch left heel beside right turning knee outward, step left across right

7-8 Touch right toe beside left turning right knee inward, touch right heel beside left turning knee outward
(Swivel on toes during the Sugarfoot for more hip-shake action)

33-40 JAZZ BOX CROSS, VINE 1/4 RIGHT

1-4 Step right across left, step left back, step right to side, cross left over right

5-8 Step right to side, step left behind right, turn 1/4 right step right forward, step left beside right (3:00)

41-48 HIP BUMPS HIGH AND LOW (a.k.a. DRESSER DRAWERS!) (RIGHT & LEFT)

1&2& Touch right foot slightly forward and bump hips right raising body slightly, bump hips left returning body to center, bump hips right lowering body slightly, bump hips left returning body to center

3&4 Bump hips right raising body slightly, bump hips left returning body to center, step right in place

5&6& Touch left foot slightly forward and bump hips left raising body slightly, bump hips right returning body to center, bump hips left lowering body slightly, bump hips right returning body to center

7&8 Bump hips left raising body slightly, bump hips right returning body to center, step left in place

A few easier options for this section:

- Bump hips right 3X, step. (1&2&3&4), Bump hips left 3 X step (5&6&7&8)
- hip rolls - circle hips for 8 counts
- double hip bumps right and left -- R&R, L&L, R&R, L&L (1&2, 3&4, 5&6, 7&8)
- simple hip bumps right and left -- R L R L R L R L (1-8)
- or a combination of any of the above! (ie: double hip bumps (1-4), hip circles (5-8))

HAVE FUN! BEGIN AGAIN!

Special appreciation to my good friend Mary Kaye Johnson!