

MILK & SUGAR

Count: 64

Wall: 4

Level: intermediate

Choreographer: Dave Morgan (UK) - March 2006

Music: Let The Sun Shine In - Milk & Sugar

SAMBA STEPS FORWARD & BACK, SAMBA STEPS FORWARD & BACK, ¼ TURN RIGHT

1&2 Step forward on right, step ball of left beside right, step right in place
3&4 Step back on left, step ball of right beside left, step left in place
5-8 Repeat steps 1-4 making ¼ turn right

WALK RIGHT, LEFT ROCK BALL STEP, WALK LEFT, RIGHT ROCK BALL STEP

9-10 Step forward on right, step forward on left
11&12 Rock forward on right, rock back on to ball of left, step right beside left
13-14 Step forward on left, step forward on right
15&16 Rock forward on left, rock back on to ball of right, step left beside right

On the & count between steps 11&12 and steps 15&16 push hips back as if being hit in stomach

STEP ½ PIVOT, RIGHT SHUFFLE, ROCK RECOVER, COASTER STEP

17-18 Step forward on right, pivot ½ turn left (weight on left)
19&20 Step forward on right, close left beside right, step forward on right
21-22 Rock forward on left, recover on to right
23&24 Step back on left, step right beside left, step forward on left

BOTOFOGOS, ROCK RECOVER, CROSS SHUFFLE

25&26 Cross right over left, step ball of left to left side, step right in place
27&28 Cross left over right, step ball of right to right side, step left in place
29-30 Rock forward on right, recover onto left
&31&32 Step right beside left, cross left over right, step right to right side, cross left over right

SIDE ROCK, RECOVER, BEHIND ½ SIDE, SAILOR STEP, HITCH BALL STEP

33-34 Rock right to right side, recover on to left
35&36 Step right behind left, making ½ turn left step forward on left, step right to right side
37&38 Step left behind right, step right beside left, step left to left side
39&40 Hitch right knee, step down on ball of right, step left slightly forward

STEP BALL STEPS, MAKING FULL TURN, BOTOFOGOS

41& Step right forward, making ¼ turn left, step ball of left in place
42-44& Repeat steps 41& (3 times) completing full turn left
45&46 Cross right over left, step ball of left to left side, step right in place
47&48 Cross left over right, step ball of right to right side, step left in place

Restart dance here on walls 2 & 4

ROCK & ¼, ROCK & ¼, STEP ½ PIVOT, SHUFFLE

49&50 Rock forward on right, recover on left, make ¼ turn right stepping forward on right
51&52 Rock forward on left, recover on right, make ¼ turn left stepping forward on left
53-54 Step forward on right, pivot ½ turn left (weight on left)
55&56 Step right forward, close left beside right, step right forward

ROCK & ¼, ROCK & ½, STEP ½ PIVOT, SHUFFLE

57&58 Rock forward on left, recover on right, make ¼ turn left stepping forward on left
59&60 Rock forward on right, recover on left, make ½ turn right stepping forward on right
61-62 Step forward on left, pivot ½ turn right (weight on right)
63&64 Step left forward, close right beside left, step left forward

REPEAT