

A Cup Of Your Sugar

Choreographers: Casey & Sharon Parker
Address: 11168 Loduca Dr, Manteca, CA. 95336
Music: A Cup Of Your Sugar (2:37)
download itunes, artist - Buck Ford
from the album "Country Never Goes Out Of Style", track 12
Speed: slowed 3% (43.5 RPM)
Sequence: Intro - A - B - A - B - C - C - B - B (1-14) - End

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Phase: II
Rhythm: Twostep
Difficulty: Easy
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rev. 1-1

Introduction

1-8 Wait 2 meas BFLY WALL;; Basketball Trn ;; Sd Draw Cls 2x;; Apt Pt; Tog Tch CP WALL;

- 1-2 In BFLY WALL lead ft free wait 2 meas ; ;
3-4 **[Basketball Trn]** Lunge Sd L, -, Rec R trng RF (LF) to fc rldod in lop pos, - ; cont trn to bk to bk pos Sd L, -, cont trn Rec R to bfly wall, - ;
5-6 **[Sd Draw Cls 2x]** Sd L, Draw R to L, Cls R, - ; Sd L, Draw R to L, Cls R, - ;
7-8 **[Apt Pt - Tog Tch]** Apt L, -, Pt R twd ptr, - ; Tog R, -, Tch L to R, - ;

Part A

1-8 SCP LOD 2 Fwd Twosteps;; Strut 4 to fc WALL;; Box;; Twirl Vine 2; Walk 2 to SCP;

- 1-2 **[2 Fwd Twosteps]** scp lod Fwd L, Cls R, Fwd L, - ; Fwd R, Cls L, Fwd R, - ;
3-4 **[Strut 4]** Fwd L, -, Fwd R, - ; Fwd L, -, Fwd R trng to fc ptr CP WALL, - ;
5-6 **[Box]** Sd L, Cls R, Fwd L, - ; Sd R, Cls L, Bk R, - ;
7-8 **[Twirl Vine 2]** leading W to trn RF undr jnd lead hnds Sd L, -, XRIBL, - (trng RF undr jnd lead hnds Fwd R, -, cont trn Bk L, -) ; **[Walk 2]** trng to scp lod Fwd & Sd L, -, Fwd R, - ;

9-16 2 Fwd Twosteps;; Slow Op Vine 4 SCP;; Fwd Hitch; Walk Bk 2; Bk Hitch; Walk Fwd 2;

- 9-10 **[2 Fwd Twosteps]** scp lod Fwd L, Cls R, Fwd L, - ; Fwd R, Cls L, Fwd R, - ;
11-12 **[Slow Op Vine 4]** trng to cp wall Sd L, -, trng RF (LF) to lop rldod Bk R, - ; trng LF (RF) to fc ptr Sd L, -, XRIFL (XLIFR) to scp lod, - ;
13-14 **[Fwd Hitch - Wlk Bk 2]** Fwd L, Cls R, Bk L, - ; Bk R, -, Bk L, - ;
15-16 **[Bk Hitch - Wlk Fwd 2]** Bk R, Cls L, Fwd R, - ; Fwd L, -, Fwd R, - ;

Part B

1-8 CP WALL Traveling Box;;; SCP LOD Dbl Hitch;; Strut 4;;

- 1-4 **[Traveling Box]** Sd L, Cls R, Fwd L, - ; trng to look RLOD in RSCP Fwd R (Fwd L), -, Fwd L blending to fc (Fwd R), - ; Sd R, Cls L, Bk R, - ; trng to SCP lod Fwd L, -, Fwd R to fc, - ;
5-6 **[Hitch Dbl]** SCP LOD Fwd L, Cls R, Bk L, - ; Bk R, Cls L, Fwd R, - ;
7-8 **[Strut 4]** Fwd L, -, Fwd R, - ; Fwd L, -, Fwd R, - ;

9-16 Lace Up ;;; Basketball Trn BFLY WALL ;; Sd Draw Cls 2x ;;

- 9-12 **[Lace Up]** leading W to cross in front of M under jnd lead hnds Fwd L, Cls R, Fwd L, - ; Fwd R, Cls L, Fwd R, - ; leading W to cross in front of M under jnd trail hnds Fwd L, Cls R, Fwd L, - ; Fwd R, Cls L, Fwd R op lod, - ;
13-14 **[Basketball Trn]** Lunge Sd L, -, Rec R trng RF (LF) to fc rldod in lop pos, - ; cont trn to bk to bk pos Sd L, -, cont trn Rec R to bfly wall, - ;
15-16 **[Sd Draw Cls 2x]** Sd L, Draw R to L, Cls R, - ; Sd L, Draw R to L, Cls R, - ;

Part C

1-8 CP WALL Broken Box;;; Half Box; Scis Thru SCP LOD; Scoot; Walk 2;

- 1-4 **[Broken Box]** Sd L, Cls R, Fwd L, - ; Rk Fwd R, -, Rec Bk L, - ; Sd R, Cls L, Bk R, - ; Rk Bk L, -, Rec Fwd R, - ;
5-6 **[Half Box - Scis Thru]** Sd L, Cls R, Fwd L, - ; Sd R, Cls L trng to SCP LOD, Thru R, - ;
7-8 **[Scoot - Walk 2]** Fwd L, Cls R, Fwd L, Cls R; Fwd L, -, Fwd R, - ;

Ending

1 Apt Pt;

- 1 **[Apt Pt]** Apt L, -, Pt R twd ptr, - ;

