



Sweet Adalida

64 Count 4 Walls Improver
 Choreographed by: Kate Valentin (DK)
 Choreographed to: Adalida by George Strait
 Style: Country

1	Sugarfoot R, 2xKick R, Back Mambo R, Hold.
1 - 2	Touch right toe to left instep. Touch right heel to left instep.
3 - 4	Kick right foot forward twice.
5 - 6	Rock back on right .Rock forward on left .
7 - 8	Step right beside left . Hold and clap.
2	Sugarfoot L, 2x Kick L, Back Mambo L, Hold
1 - 2	Touch left toe to right instep. Touch left heel to right instep.
3 - 4	Kick left forward twice.
5 - 6	Rock back on left. Rock forward on right.
7 - 8	Step left beside right . Hold and clap.
3	Vine R ½ Turn R, Scuff L, Step Forward L, Tap R, Step Back R, Kick L.
1 - 2	Step right to right side. Cross left behind right.
3 - 4	Step right ½ turn right. Scuff left forward.
5 - 6	Step forward on left .Touch right behind left foot.
7 - 8	Step back on right . Kick forward left.
4	Coasterstep L, Hold, Vine R ¼ Turn R, Together.
1 - 2	Step back left. Step right beside left.
3 - 4	Step forward left. Hold.
5 - 6	Step right to right side. Cross left behind right.
7 - 8	Step right 1/4 turn right. Step left beside right.
5	Heel Splits Twice, Point R, Step Back R, Point L, Step Back L.
1 - 2	Split heels apart. Return heels to centre.
3 - 4	Split heels apart. Return heels to centre.
5 - 6	Point right toe to right side. Step right behind left.
7 - 8	Point left toe to left side. Step left behind right..
6	Point R, Cross Point R, Point R, Flick R, Side R, Flick L, Side L, Flick R.
1 - 2	Point right toe to right side. Point right across Left.
3 - 4	Point right toe to right side. Flick right behind left and slap boot with left hand.
5 - 6	Step right to right side. Flick left behind left and slap boot with right hand.
7 - 8	Step Left to left side. Flick right behind left and slap boot with left hand.
7	3 Steps Back R-L-R, Hitch L, Coaster Step L, Hold.
1 - 2	Step back on right. Step back on left.
3 - 4	Step back on right. Hitch left knee up.
5 - 6	Step back left. Step right beside left.
7 - 8	Step forward left. Hold.
8	2 x Monterey ¼ Turn R.
1 - 2	Touch right to right side. On ball of left make 1/4 turn right, stepping right beside left..
3 - 4	Touch left to left side. Step left beside right.
5 - 6	Touch right to right side. On ball of left make 1/4 turn right, stepping right beside left..
7 - 8	Touch left to left side. Step left beside right.
TAG	At the end of Wall 1 & 4 is a 4 Count Tag
	Side R, Touch L, Side L, Touch R.
1 - 2	Step right on right. Touch left beside right and clap.
3 - 4	Step left on left. Touch right beside left and clap.
	I hope you will enjoy the Dance and remember to sing along...