



Sugar & Pai

32 count, 4 wall, beginner/intermediate level

Choreographer: Kelli Haugen

Choreographed to: "Sugar And Pai" by The Boots Band (134 bpm)

The song can be legally downloaded at www.kelli.no

Section 1 Rock, Recover, Sailor Step, Shuffle, Step, 1/2 Turn

- 1, 2 Rock right foot to right, recover left
- 3&4 Cross right behind left, step left to left, step forward right
- 5&6 Shuffle forward left, right, left
- 7, 8 Step forward right, 1/2 turn left on left

Section 2 Chasse, Rock, Recover, Chasse, Rock, Recover

- 1&2 Triple step right, left, right to right
- 3, 4 Rock left behind right, recover right
- 5&6 Triple step left, right, left to left
- 7, 8 Rock right behind left, recover left

Option: *You can substitute counts 3,4 and 7,8 with **Back Kick Ball Change***

- 3&4 Kick left foot behind right foot, step left behind right, step right in place
- 7&8 Kick right foot behind left foot, step right behind left, step left in place

Section 3 Step, Cross Behind, 1/4 Turn, Touch, Heel Switches, Touch, 1/4 Turn Hook

- 1, 2 Step right to right, cross left behind right
- 3, 4 1/4 turn right on right, touch left toe to left
- &5&6 Step left next to right, touch right heel forward, step right next to left, touch left heel forward
- &7, 8 Step left next to right, touch right toe to right,
1/4 turn right on left hooking right foot in front of left

Section 4 Shuffle, Step, 1/4 Turn, Crossing Shuffle, Kick Ball Cross

- 1&2 Shuffle forward right, left, right
- 3, 4 Step forward left, 1/4 turn right on right
- 5&6 Cross left foot over right, step right to right, cross left foot over right
- 7&8 Kick right foot diagonally forward, step right next to left, cross left foot over right

Repeat – No tags, no restarts ! ☺

Quelle:

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