



SUGAR & PAI

Choreographed by: Kelli Haugen
 Description: Line, 32counts, 4walls
 Music: "Sugar & Pai" by The Boots Band (134 bpm)
 Niveau: Beginner/Intermediate
 Danse soumise par: *Inter-Clubs Country du Grand Est*

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

CHASSE, ROCK, RECOVER, CHASSE, ROCK, RECOVER.

1&2 Triple step right, left, right.
 3-4 Rock left behind right, recover right.
 5&6 Triple step left, right, 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 left foot behind right foot, step left behind right, step right in place.

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 Step left next to right, touch right heel forward,
 &6 Step right next to left, touch left heel forward,
 &7 Step left next to right, touch right toe to right,
 -8 1/4 turn **right** on left hooking right foot in front of left.

SHUFFLE, STEP, 1/4TURN, 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.