

SUGAR & PAI

Count: 32 Wall: 4 Level: beginner/intermediate

Choreographer: Kelli Haugen

Music: Sugar And Pai by The Boots Band



Song can be legally downloaded at www.kelli.no

ROCK, RECOVER, SAILOR STEP, SHUFFLE, STEP, ½ TURN

- 1-2-3&4 Rock right foot to right, recover left, cross right behind left, step left to left, step forward right
- 5&6-7-8 Shuffle forward left, right, left, step forward right, ½ turn left on left

CHASSE, ROCK, RECOVER, CHASSE, ROCK, RECOVER

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

STEP, CROSS BEHIND, ¼ TURN, TOUCH, HEEL SWITCHES, TOUCH, ¼ TURN HOOK

- 1-2-3-4 Step right to right, cross left behind right, ¼ turn right on right, touch left toe to left
Step left next to right, touch right heel forward, step right next to left, touch left heel
- &5&6&7-8 forward, step left next to right, touch right toe to right, ¼ turn right on left hooking right foot in front of left

SHUFFLE, STEP, ¼ TURN, CROSSING SHUFFLE, KICK BALL CROSS

- 1&2-3-4 Shuffle forward right, left, right, step forward left, ¼ turn right on right
- 5&6-7&8 Cross left foot over right, step right to right, cross left foot over right, kick right foot diagonally forward, step right next to left, cross left foot over right

REPEAT