

Sugar & Pai

Choreographed by Kelli Haugen

Description: 32 count, 4 wall, beginner/intermediate line dance
Musik: Sugar And Pai by The Boots Band [132 bpm]
Song can be legally downloaded at www.kelli.no

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

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

CHASSE, ROCK, RECOVER, CHASSE, ROCK, RECOVER

1&2-3-4 Triple step right, left, right to right, cross/rock left behind right, recover right
5&6-7-8 Triple step left, right, left to left, cross/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, cross left behind right, step right in place
7&8 Kick right foot behind left foot, cross 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 side, cross left behind right, ¼ turn right on right, touch left to side
&5&6&7-8 Step left together, touch right heel forward, step right together, touch left heel forward,
step left together, touch right to side, 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 Chassé forward right, left, right, step left forward, ¼ turn right on right
5&6-7&8 Cross left over right, step right to side, cross left over right, kick right diagonally forward,
step right together, cross left over right

REPEAT