

# SUGAR & PAI

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Kelli Haugen

**Music:** Sugar And Pai by The Boots Band

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Song can be legally downloaded at [www.kelli.no](http://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

&5&6&7-8                      Step left next to right, touch right heel forward, step right next to left, touch left heel 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**