



Nom : **SUGAR & PAÏ**

Chorégraphe : Kelli Haugen
Contact :
Comptes :32 Murs :4 Niveau : beginner/interm.
Musique : Sugar and Paï by The Boots Band
Album : Out In the Country – 2003
Danse soumise par: **Inter-Clubs Country du Grand Est**
Song can be legally downloaded at www.kelli.no

ICCGE 2005-2006/2019-2020

Dance begins after count 16

SECT-1 ROCK, RECOVER, SAILOR STEP, SHUFFLE, STEP, ½ 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, ½ turn left on left

SECT-2 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*

SECT-3 STEP, CROSS BEHIND, ¼ TURN, TOUCH, HEEL SWITCHES, TOUCH, ¼ TURN HOOK

- 1-2 Step right to right, cross left behind right,
3-4 ¼ 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, ¼ turn right on left hooking right foot in front of left

SECT-4 SHUFFLE, STEP, ¼ TURN, CROSSING SHUFFLE, KICK BALL CROSS

- 1&2 Shuffle forward right, left, right,
3-4 Step forward left, ¼ 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