

Sugar and Spice

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Count: 32 **Wall:** 2 **Level:** Low Intermediate

Choreographer: Steve Carroll and Megan Carroll - Aug 2015

Music: Sugar by Jennifer Nettles

#16 count intro, start with vocals

(1-8) R steplockstep, L steplockstep, back touch, back touch

1 & 2 step right forward, step left behind right, step right forward.

3 & 4 step left forward, step right behind left, step left forward.

5,6 step right back, touch left to right,

7,8 step left back, touch right to left.

(9-16) Weave right with a step slide, Weave left with a step slide

1 & 2 &step right to right side, step left behind right, step right to the side, cross left over right

3, 4 step right to side, slide left to touch right

5 & 6 &step left to the left side, step right behind left, step left to the side, cross right over left

7,8 step left to side, slide right to touch left.

(17-24) Right kickkick, rock step, steplockstep, Left kick kick, rock step, step lock step

1 & 2 &right kick 2X, rock back on right, recover left,

3 & 4 right step forward, left lock behind right, step right forward

5 & 6 &left kick 2X, rock back on left, recover right,

7 & 8 left step forward, right lock behind left, step left forward.

(25-32) Chase turn left, left side rock cross, right side rock cross, rock kick step, right, left

1 & 2 step right forward, 1/2 turn left, step right forward,

3 & 4 rock left to left side, recover to right and cross left over right.

5 & 6 rock right to right side, recover to left and cross right over left

7 & 8 rock back on left kick right, step right, left.

***RESTART : On the third wall (2 nd time @ front wall) you do the first 4 counts**

(step lock step, step lock step) and then start over with the step lock steps.

Now becomes wall 4

*** TAG : On the seventh wall (3 rd time @ back wall) do the first 8 counts then a 4**

count paddle 1/2 turn to the left and Restart.

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Last Update - 30th Aug 2015

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