

SUGAR AND PAI

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Count: 32

Wall: 2

Level: beginner east coast swing

Choreographer: Cato Larsen

Music: Sugar And Pai by Bigfoot

KICK BALL STEP, STOMP, POINT, LEFT SAILOR STEP, RIGHT SAILOR STEP

- 1&2** Kick right foot forward, step right next to left, step forward on left
- 3-4** Stomp right foot forward, point left toe to left side
- 5&6** Cross left behind right, step right slightly right, step left slightly left
- 7&8** Cross right behind left, step left slightly left, step right slightly right

KICK BALL STEP, STOMP, POINT, RIGHT SAILOR STEP, LEFT SAILOR STEP ¼ TURN

- 1&2** Kick left foot forward, step left next to right, step forward on right
- 3-4** Stomp left foot forward, point right toe to right side
- 5&6** Cross right behind left, step left slightly left, step right slightly right
- 7&8** Cross left behind right, step right slightly right, step left ¼ turn left

SHUFFLE FORWARD, STEP, PIVOT ½ TURN, COASTER STEP, STEP, HITCH

- 1&2** Step forward on right, step left next to right, step forward on right
- 3-4** Step forward on left, pivot ½ turn right (keep weight back on left)
- 5&6** Step back on right, step left next to right, step forward on right
- 7-8** Step forward on left, hitch right knee

HEEL TOUCHES, HITCHES & SLAP, STEP, ¼ TURN

- 1-2** Touch right heel forward, hitch right knee slapping it with right hand
- 3-4** Touch right heel forward, flick right foot out to right side slapping the outside right heel with right hand
- 5-6** Step forward on right foot, hitch left knee slapping it with left hand
- 7-8** Step forward on left foot, pivot ¼ turn right (keep weight on left foot)

REPEAT