

Sweet Sugar & Spice

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Rudy Honing & Wesley F. Wessels (a.k.a RAW) May 2016

Music: Sugar by Jennifer Nettles

S1: ROCKSTEP, WEAVE, HIP BUMPS, COASTER STEP

- 1&2** Rock RF behind LF, recover onto LF, step RF side.
- 3&4** Cross LF behind RF, step RF side, cross LF over RF.
- 5&6** Step RF slightly forward and bump right hip up, bump down, bump up.
- 7&8** Step RF back, place LF next to RF, step RF forward.

S2: ¼ TURN RIGHT, ALT. RUMBA BOX, CROSS SHUFFLE

- 1&2** Step LF forward, make ¼ turn right, cross LF over RF.
- 3&4** Step RF to right side (3), place LF next to RF (&), step RF forward (4).
- 5-6** Step LF to left side and drag RF towards LF, make ¼ turn right and step RF to side dragging LF towards RF.
- 7&8** Cross LF over RF, step RF to side, cross LF over RF.

S3: HEELGRIND, COASTERSTEP, PADDLE TURNS, TRAVELLING HEEL JACKS

- 1-2** Place heel of RF forward, make ¼ turn right (replacing weight on LF).
- 3&4** Step RF back, place LF next to RF, step RF forward.
- 5-6** Make ¼ turn R point LF to L - Make ¼ turn R point LF to L.
- 7&8** Step LF slightly forward over RF, RF to right side, place heel LF forward.

S4: 2 x TRAVELLING HEEL JACKS, SYNCOPATED ROCKSTEP, COASTERSTEP

- &1&2** Replace LF beside RF(&), Cross RF over LF(1), LF to left side(&), place heel RF forward(2)
- &3&4** Replace RF beside RF(&), Cross LF over RF(3), RF to right side(&), place heel LF forward(4)
- &5&6** Rock RF forward, replace weight onto LF, step RF back.
- 7&8** Step LF back, place RF next to LF, step LF forward.

S5: SIDE- ROCK RECOVER 2 x, POINTS 2 x, KNEE POP

- 1-2&** Step RF to right side, rock LF behind RF, recover onto RF.
- 3-4&** Step LF to left side, rock RF behind LF, recover onto LF.

5&6& Point R toe to right side, place RF next to LF, point L toe to left side, place LF next to RF.

7&8 Touch RF forward (7), pop knees (lift heel of the ground)(&),pop back up

(placing heels back down)(8).

S6: SHUFFLE, ½ TURN RIGHT, ¾ TURN LEFT, SIDE ROCK, CROSS

1&2 Step RF forward, place LF next to RF, step RF forward .

3&4 Step LF forward, ½ turn right, step LF forward.

5&6 Step RF forward making a ½ turn back, step LF ¼ turn to side, cross RF over LF.

7&8 Rock LF to left side, recover onto RF, cross LF over RF .

S7: LOCKSTEP- SWEEP 2 x, SAILORSTEP, PADDLE TURNS

1&2& Step RF back, lock LF in front of RF, step RF back, sweep LF from front to back.

3&4& Step LF back, lock RF in front of LF, step LF back, sweep RF from front to back.

5&6 Step RF behind LF, step LF to side, Step RF to right side.

7-8 Make ¼ turn R point LF to L - Make ¼ turn R point LF to L

S8: WEAVE, ROCK STEP ¼ TURN, STEP OUT, HIP ROLL

1&2 Cross LF over RF, step RF to right side, cross LF behind RF.

&3&4 Step RF to right side, rock LF over RF, make ¼ turn left stepping LF forward.

5-6 Step RF out to right side, step LF out to left side.

7-8 Turn your hip from left to right, weight ends on LF on count 8.

HAVE FUN!!

TAGS:-

TAG - After Wall 1:

1-2 Step RF to right side, touch LF to left side.

3-4 Step LF to left side, touch RF to right.

After Wall 2: Dance TAG + the last 4 counts of section 8 + TAG

1-2 Step RF to right side, touch LF to left side.

3-4 Step LF to left side, touch RF to right.

5-6 Step RF out to right side, step LF out to left side.

- 7-8** Turn your hip from left to right, weight ends on LF on count 8.
- 1-2** Step RF to right side, touch LF to left side.
- 3-4** Step LF to left side, touch RF to right.

After Wall 3:

Repeat Sections 5 to 8 to finish the dance.

Last Update - 4th June 2016