

Sugar and Spice

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Count: 32

Wall: 4

Level: High Improver

Choreographer: Sue Smyth - Feb 2017

Music: Sugar by Jennifer Nettles

Intro Count: 16 Counts From Beginning Of Song, Or 8 Counts From Heavy Drum Beat

SEC 1: WEAVE RIGHT, SIDE ROCK CROSS, POINT & POINT SWEEP, SAILOR ¼ TURN LEFT

- 1&2&** Step R To R Side, Step L Behind R, Step R To R Side, Cross L Over R,
3&4 Rock R To R Side, Rec On L, Cross R Over L
5&6& Point L To L Side, Touch L Beside R, Point L To L Side, Sweep L Round (&)
7&8 Make ¼ Turn L Stepping Back On L, Step R Beside L, Step Fwd On L (9 O'clock)

SEC 2: RUNNING LOCK STEPS FWD HITCH R, RIGHT MAMBO FWD, LEFT COASTER CROSS

- 1&2** Step Diag Fwd On R , Lock L Behind R, Step Diag Fwd On R,
&3&4 Step Diag Fwd On L, Lock R Behind L, Step Fwd On L, Hitch R Leg (Restart Here On Wall 4 Facing 9 O'clock)
5&6 Rock Fwd On Right, Recover On Left, Step Right Beside Left (9 O'clock)
7&8 Step Back On Left, Step Right Beside Left, Cross Left Over Right

SEC 3: HIP BUMPS RLR, LEFT KICK BALL CROSS, HIP BUMPS LRL RIGHT KICKBALL CROSS

- 1&2** Step R To R Side Bumping Hips To Right, Bump Hips Left, Bump Hips Right (Weight On Right)
3&4 Kick Left Foot Fwd, Rec On Ball Of L, Cross R Over Left
5&6 Step L To L Side Bumping Hips To Left, Bump Hips Right, Bump Hips Left (Weight On Left)
7&8 Kick Right Foot Fwd, Rec On Right, Cross Left Over Right

SEC 4: RHUMBA BOX, RIGHT LOCK FWD, STOMP TOUCH ,CLAP HANDS TWICE

- 1&2** Step R To R Side, Step Left Beside Right, Step Back On Right,
3&4 Step Left To Left Side, Step Right Beside Left, Step Fwd On Left
5&6 Step Fwd On Right, Lock Left Behind Right, Step Fwd On Right,
&7 Stomp Fwd On Left, Touch R Beside L

&8 Clap Hands Twice (Weight On Left)

TAG: END OF WALL 2 FACING 6 O'CLOCK REPEAT LAST 8 COUNTS IN SEC 4

5&6 Step Fwd On Right, Lock Left Behind Right, Step Fwd On Right

&7 Stomp Fwd On Left, Touch R Beside Left

&8 Clap Hands Twice (Weight On Left)

**RESTART ON WALL 4, START DANCE AT 12 O'CLOCK, RESTART AT 9 O'CLOCK SEC 2
AFTER RUNNING LOCKSTEP HITCH.**