

# Sugar

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Teri Rogers – Oct 2015

**Music:** Sugar by Maroon 5

## Start dancing on lyrics

### Step Kick Forward, Step touch back x 2

- 1-2      Step on R, Kick L forward
- 3-4      Step back on L, Touch R Back
- 5-6      Step on R, Kick L forward
- 7-8      Step back on L, Step R next to L

### Twist heels, toes, heels, clap, Twist heels, toes, heels, clap

- 1-2      Twist heels right, toes right,
- 3-4      Twist heels to center, clap
- 5-6      Twist heels left, toes Left
- 7-8      Twist heels to center, clap

### Rock side Recover Cross hold, Rock turn ¼ Right, Step Forward, Hold

- 1-2      Rock R to right side, recover L
- 3-4      Cross R over L, hold
- 5-6      Rock L to left side, turn 1/4 right and step forward on R
- 7-8      Step L next to R, hold

### SIDE SWITCHES, CLAP TWICE, HEEL SWITCHES FORWARD, HEEL-BALL CHANGE

- 1& 2&      Touch right side, step right together Touch left side, step left together
- 3&4      Touch right side, clap, clap
- 5& 6&      Touch right heel forward, step right together, Touch left heel forward, step left together
- 7&8      Touch right heel forward, Step on ball of right, change weight to left

## Start Again - Happy Dancing

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