

No Sugar Free

LINEDANCE.COM

Count: 64

Wall: 2

Level: Phrased Low Advanced - Samba

Choreographer: Niels Poulsen (DK) - July 2025

Intro: 8 counts from start of lyrics. App. 14 secs. into track. Start with weight on L foot

Phrasing: A, A, B, A, A, A, B, A, A + Ending

Note: Feel free to accent the delayed samba timing replacing the '&' counts with an 'a' count

A part, samba, 32 counts, 2 walls

[1 - 9] R samba whisk, L syncopated vine, volta $\frac{1}{2}$ R sweep, L samba step together $\frac{1}{8}$ L

1&2 Step R to R side (1), rock back on L (a), recover on R (2) 12:00

3&4 Step L to L side (3), cross R behind L (&), step L to L side (4) 12:00

5&6&7 Step R fwd (5), turn $\frac{1}{8}$ R locking L behind R (&), turn $\frac{1}{8}$ R stepping R fwd (6), lock L behind R (&), turn $\frac{1}{4}$ R stepping R fwd sweeping L fwd at the same time (7) 6:00

8&1 Cross L over R (8), step R to R side (&), turn $\frac{1}{8}$ L stepping L next to R (1) 4:30

[10 - 16] R samba step together $\frac{3}{8}$ R, run LR fwd, rock L fwd, R&L light press steps

2&3 Cross R over L (2), turn $\frac{1}{4}$ R stepping L to L side (&), turn $\frac{1}{8}$ R stepping R next to L (3) 9:00

4& Run L fwd (4), run R fwd (&) 9:00

5 - 6 Rock L fwd (5), recover back on R (6) 9:00

&7&8 Step back on L (&), press or touch R fwd (7), step back on R (&), press or touch L fwd (8) 9:00

[17 - 25] & $\frac{1}{4}$ L, point R, recover R & flick L, cross, R side rock $\frac{1}{4}$ L, run LRL sweep, weave $\frac{1}{8}$ R

&1 Turn $\frac{1}{4}$ L stepping L to L side (&), point R to R side (1) 6:00

2 - 3 Recover on R flicking L out to L side (2), cross L over R (3) 6:00

4&5 Rock R to R side (4), recover on L turning $\frac{1}{4}$ L (&), step R fwd (5) 3:00

6&7 Run L fwd (6), run R fwd (&), run L fwd sweeping R fwd at the same time (7) 3:00

8&1 Cross R over L (8), step L to L side (&), turn $\frac{1}{8}$ R stepping back on R hitching L knee (1) 4:30

[26 - 32] Behind side cross $\frac{1}{8}$ R, points R&L, together L, R side rock, syncopated R back rock

2&3 Step back on L (2), turn $\frac{1}{8}$ R stepping R to R side (&), cross L over R (3) 6:00

4&5& Point R to R side (4), step R next to L (&), point L to L side (5), step L next to R (&) 6:00

6 - 7 Rock R to R side (6), recover on L (7) 6:00

8& Rock back on R (8), recover on L (&) ... Fun option for counts 7-8& when finishing 3rd and 6th

A: recover on L kicking R fwd (7), rock back on R kicking L fwd (8), recover on L hitching R knee (&).

Note: when doing this you hit the strong beats on 7-8& - 6:00

B part, smooth, 32 counts, 1 wall

[1 - 8] Sway RL, $\frac{1}{4}$ R slow sweep, cross side, L back rock into L diagonal

1 - 4 Step R to R swaying body R (1), sway body L (2), turn $\frac{1}{4}$ R stepping R fwd sweeping L (3-4) 3:00

5 - 8 Cross L over R (5), step R to R side (6), turn $\frac{1}{8}$ L rocking back on L (7), recover on R (8) 1:30

[9 - 16] $\frac{3}{8}$ R back L, $\frac{1}{4}$ R side R, cross & sweep, weave, $\frac{1}{4}$ L fwd L

1 - 2 Turn $\frac{3}{8}$ R stepping back on L (1), turn $\frac{1}{4}$ R stepping R to R side (2) 9:00

3 - 4 Cross L over R sweeping R slowly fwd (3-4) 9:00

5 - 8 Cross R over L (5), step L to L side (6), cross R behind L (7), turn $\frac{1}{4}$ L stepping L fwd (8) 6:00

[17 - 24] Step turn turn with slow L sweep, behind, $\frac{1}{4}$ R fwd R, step $\frac{1}{2}$ R

1 - 4 Step R fwd (1), turn $\frac{1}{2}$ L onto L (2), turn $\frac{1}{2}$ L stepping R back sweeping L slowly to L (3-4) 6:00

5 - 8 Cross L behind R (5), turn $\frac{1}{4}$ R stepping R fwd (6), step L fwd (7), turn $\frac{1}{2}$ R onto R (8) 3:00

[25 - 32] L&R slow prissy walks, step $\frac{1}{2}$ R, $\frac{1}{4}$ R side L, R back rock

1 - 4 Cross walk L slowly fwd (1-2), cross walk R slowly fwd (3-4) 3:00

5 - 6 Step L fwd (5), turn $\frac{1}{2}$ R onto R (6) 9:00

7 - 8& Turn $\frac{1}{4}$ R stepping L to L side (7), rock back on R (8), recover on L (&) 12:00

Ending When doing your last A: dance up to 29& (the side points), you're now facing 6:00.

To end facing 12:00 step R to R side (30), then turn $\frac{1}{2}$ L stepping L to L side (31) 12:00