

My Sugar & Pai

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Kevin & Maria Smith (May 2013)

Music: Sugar & Pai by The Boots Band

Start on vocals

SIDE SHUFFLE RIGHT, ROCK, SIDE SHUFFLE LEFT ROCK, BACK,

1&2,3,4side shuffle R,L,R, rock back L , take wt R

5&6,7,8side shuffle L,R,L, rock straight back R, take wt L,

TURNING TOE STRUTS FWD, BOX STEP TOUCH,

1,2,3,4 $\frac{1}{2}$ turn left step back R toe, heel strut, $\frac{1}{2}$ turn left step fwd L toe, heel strut,

5,6,7,8step R across L, step back L, step R to side, touch L next to R,

TURNING FRIEZE LEFT, TURNING FRIEZE RIGHT.

1,2,3,4 $\frac{1}{4}$ turn left step L, $\frac{1}{2}$ turn left step back R, $\frac{1}{4}$ turn left step L to side, touch L next to R,

5,6,7,8REPEAT LAST 4 COUNTS TO THE RIGHT, STEP L NEXT TO R.

HEEL GRIND, COASTER STEP, HEEL GRIND $\frac{1}{4}$ COASTER STEP

1,2 3&4R heel grind (2 counts) wt on L, coaster back R,L,R,

5,6,7&8L heel grind (2 counts wt on L), $\frac{1}{4}$ turn left coaster step L,R,L

ROCK FWD, BACK, COASTER STEP , ROCK SIDE, BEHIND & CROSS,

1,2,3&4rock fwd R, take wt L, coaster step R,L,R

5,6,7&8rock L to side, wt R, step L behind R, & step R to side,cross L over R,

FWD, $\frac{1}{4}$ PIVOT, CROSS SHUFFLE, $\frac{1}{2}$ TURN SWIVEL, CROSS SHUFFLE LEFT, STEP SIDE, TOUCH

1,2,3&4step fwd R, $\frac{1}{4}$ turn left wt L, cross shuffle R,L,R

&5&6,7,8& swivel heels ½ turn left, cross shuffle L,R,L, step R to side, touch L next to R,

STEP SIDE, BEHIND, FULL TURN, SIDE SHUFFLE, ROCK BACK,

1,2,3,4step L to side, step R behind L, travelling left full turn stepping L, R,

5&6,7,8side shuffle L,R,L, rock back R, take wt L,

SIDE TOUCH, SIDE TOUCH, ½ TURN, SIDE TOUCH, SIDE, TOUCH

1,2,3,4step R to side, touch L next to R, step L to side, touch R next to L

5,6,7,8step R to side, ½ turn right touch L next to R, step L to side, touch R next L,

[64] Start again

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