

Sugar & Pai

Choreographer: Kelli Haugen
Description: 32 count, 4 wall, beginner/intermediate line dance
Music: **Sugar And Pai** by The Boots Band 132 bpm

Beats / Step Description

ROCK, RECOVER, SAILOR STEP, SHUFFLE, STEP, ½ TURN

1-2-3&4 Rock right foot to right, recover left, cross right behind left, step left to left, step forward right
5&6-7-8 Shuffle forward left, right, left, step forward right, ½ turn left on left

CHASSE, ROCK, RECOVER, CHASSE, ROCK, RECOVER

1&2-3-4 Triple step right, left, right to right, rock left behind right, recover right
5&6-7-8 Triple step left, right, left to left, rock right behind left, recover left

Option: you can substitute counts 3,4 and 7,8 above with

BACK KICK BALL CHANGE

3&4 Kick left foot behind right foot, step left behind right, step right in place

7&8 Kick right foot behind left foot, step right behind left, step left in place

STEP, CROSS BEHIND, ¼ TURN, TOUCH, HEEL SWITCHES, TOUCH, ¼ TURN HOOK

1-2-3-4 Step right to right, cross left behind right, ¼ turn right on right, touch left toe to left
&5&6&7-8 Step left next to right, touch right heel forward, step right next to left, touch left heel forward,
step left next to right, touch right toe to right, ¼ turn right on left hooking right foot in front of left

SHUFFLE, STEP, ¼ TURN, CROSSING SHUFFLE, KICK BALL CROSS

1&2-3-4 Shuffle forward right, left, right, step forward left, ¼ turn right on right

5&6-7&8 Cross left foot over right, step right to right, cross left foot over right, kick right foot diagonally forward, step right next to left, cross left foot over right

Smile and Begin Again