

Sweet Sugar & Spice

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Rudy Honing & Wesley F. Wessels (a.k.a RAW) May 2016
Music: Sugar by Jennifer Nettles

S1: ROCKSTEP, WEAVE, HIP BUMPS, COASTER STEP

1&2 Rock RF behind LF, recover onto LF, step RF side.
3&4 Cross LF behind RF, step RF side, cross LF over RF.
5&6 Step RF slightly forward and bump right hip up, bump down, bump up.
7&8 Step RF back, place LF next to RF, step RF forward.

S2: ¼ TURN RIGHT, ALT. RUMBA BOX, CROSS SHUFFLE

1&2 Step LF forward, make ¼ turn right, cross LF over RF.
3&4 Step RF to right side (3), place LF next to RF (&), step RF forward (4).
5-6 Step LF to left side and drag RF towards LF, make ¼ turn right and step RF to side
dragging LF towards RF.
7&8 Cross LF over RF, step RF to side, cross LF over RF.

S3: HEELGRIND, COASTERSTEP, PADDLE TURNS, TRAVELLING HEEL JACKS

1-2 Place heel of RF forward, make ¼ turn right (replacing weight on LF).
3&4 Step RF back, place LF next to RF, step RF forward.
5-6 Make ¼ turn R point LF to L – Make ¼ turn R point LF to L.
7&8 Step LF slightly forward over RF, RF to right side, place heel LF forward.

S4: 2 x TRAVELLING HEEL JACKS, SYNCOPATED ROCKSTEP, COASTERSTEP

&1&2 Replace LF beside RF(&), Cross RF over LF(1), LF to left side(&), place heel RF
forward(2)
&3&4 Replace RF beside RF(&), Cross LF over RF(3), RF to right side(&), place heel LF
forward(4)
5&6 Rock RF forward, replace weight onto LF, step RF back.
7&8 Step LF back, place RF next to LF, step LF forward.

S5: SIDE- ROCK RECOVER 2 x, POINTS 2 x, KNEE POP

1-2& Step RF to right side, rock LF behind RF, recover onto RF.
3-4& Step LF to left side, rock RF behind LF, recover onto LF.
5&6& Point R toe to right side, place RF next to LF, point L toe to left side, place LF next to
RF.
7&8 Touch RF forward (7), pop knees (lift heel of the ground)(&),pop back up
(placing heels back down)(8).

S6: SHUFFLE, ½ TURN RIGHT, ¾ TURN LEFT, SIDE ROCK, CROSS

1&2 Step RF forward, place LF next to RF, step RF forward .
3&4 Step LF forward, ½ turn left, step LF forward.
5&6 Step RF forward making a ½ turn back, step LF ¼ turn to side, cross RF over LF.
7&8 Rock LF to left side, recover onto RF, cross LF over RF .

S7: LOCKSTEP- SWEEP 2 x, SAILORSTEP, PADDLE TURNS

1&2& Step RF back, lock LF in front of RF, step RF back, sweep LF from front to back.
3&4& Step LF back, lock RF in front of LF, step LF back, sweep RF from front to back.
5&6 Step RF behind LF, step LF to side, Step RF to right side.
7-8 Make ¼ turn R point LF to L – Make ¼ turn R point LF to L

S8: WEAVE, ROCK STEP ¼ TURN, STEP OUT, HIP ROLL

1&2 Cross LF over RF, step RF to right side, cross LF behind RF.
&3&4 Step RF to right side, rock LF over RF, make ¼ turn left stepping LF forward.
5-6 Step RF out to right side, step LF out to left side.
7-8 Turn your hip from left to right, weight ends on LF on count 8.

HAVE FUN!!

TAGS:-

TAG - After Wall 1:

1-2 Step RF to right side, touch LF to left side.
3-4 Step LF to left side, touch RF to right.

After Wall 2: Dance TAG + the last 4 counts of section 8 + TAG

- 1-2 Step RF to right side, touch LF to left side.
- 3-4 Step LF to left side, touch RF to right.
- 5-6 Step RF out to right side, step LF out to left side.
- 7-8 Turn your hip from left to right, weight ends on LF on count 8.
- 1-2 Step RF to right side, touch LF to left side.
- 3-4 Step LF to left side, touch RF to right.

After Wall 3:

Repeat Sections 5 to 8 to finish the dance.

Last Update - 30th May 2016