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Sweet Sugar & Spice

64 Count, 4 Wall, Intermediate

Choreographer: Rudy Honing & Wesley F. Wessels (NL) May 2016

Choreographed to: Sugar by Jennifer Nettles

Section 1: Rock Step, 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.

Section 2: 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.

Section 3: Heel Grind, Coaster Step, 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.

Section 4: 2 X TRAVELLING HEEL JACKS, SYNCOPATED ROCK STEP, COASTER STEP

&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.

Section 5: 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).

Section 6: 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.

Section 7: Lock Step, Sweep 2 X, Sailor Step, 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 $\frac{1}{4}$ turn R point LF to L – Make $\frac{1}{4}$ turn R point LF to L

Section 8: Weave, Rock Step $\frac{1}{4}$ 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 $\frac{1}{4}$ 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.

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.