

# *Sugar & Pai*

Choreographed by: Kelli Haugen (Norway)

Level/counts: 32 counts, Intermediate

Music: Sugar & Pai (134 bpm) by The Boots Band (Norway)

Music Suggestions: Any Medium East Coast Music

## **Rock, Recover, Sailor Step, Forward Shuffle, Step 1/2 Turn**

- 1-2 Rock right to right side, Rock onto left in place.  
3&4 Cross right behind left, Step left to left side, Step right slightly forward.  
5&6 Step left forward, Close right beside left, Step left forward  
7-8 Step right forward, Pivot 1/2 turn left

## **Right Chasse, Behind Rock, Left Chasse, Behind Rock**

- 1&2 Step right to right side, Close left beside right, Step right to right side.  
3-4 Rock left back behind right, Rock forward onto right.  
5&6 Step left to left side, Close right beside left, Step left to left side.  
7-8 Rock right back behind left, Rock forward onto left  
Options: Steps 3-4 and 7-8 (back rocks) can be replaced with kick ball steps:  
(3&4) Kick left behind left, Step onto left behind right, Step right in place  
(7&8) Kick right behind left, Step onto right behind right, Step left in place

## **Step, Behind, 1/4 Turn, Touch, Heel Switches, Touch, 1/4 Turn, Hook**

- 1-2 Step right to right side, Cross left behind right.  
3-4 Step right 1/4 turn right, Touch left to left side.  
&5 Step left beside right, Touch right heel forward.  
&6 Step right beside left, Touch left heel forward.  
&7 Step left beside right, Touch right to right side.  
8 On ball of left make a 1/4 turn right hooking right across left.

## **Forward Shuffle, Pivot 1/4 Turn Right, Crossing Shuffle, Kick Ball Cross**

- 1&2 Step right forward, Close left beside right, Step right forward.  
3-4 Step left forward, Step right 1/4 turn right.  
5&6 Cross left over right, Step right to right side, Cross left over right.  
7&8 Kick right diagonally forward right, Step right beside left, Cross left over right.

## **REPEAT**