

SUGAR AND PAI

Livello base 32 conti 4 pareti

Ballato su: “Sugar and pai” – The Boots Band

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 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