

# Sugar

Compte: 128

Mur: 2

Niveau: Phrased Easy Intermediate

Chorégraphe: Marie Hani (INA) - March 2021

Musique: O.V.E.R - SURAN : (Soudtrack film Cheat Me If You Can)



Seq : A, B, C, D, A, B, C, B, tag, C, D, D

## Part A

### Section 1. Side RF to R, Chasse R, Syncopated weave R, Mambo side

1, 2 Side RF to R, LF next to R  
3&4 Side RF to R, LF next to R, Side RF to R  
5&6& Cross LF over R, Side RF to R, Cross LF behind R, Side RF to R  
7&8 Cross LF over R, Side RF to R, Step LF in Place

### Section 2. Forward R & L Point, Step Back R Point , Cross LF behind R w/ Sweep, Step RF next to L

1 - 4 Forward RF, Point LF to L, Forward LF , Point RF to R,  
5 - 8 Step back RF , Point LF to L, Cross LF behind R with Sweep, Step back RF next to L

### Section 3. Side LF to L, Chasse L, syncopated weave L, Mambo side

1, 2 Side LF to L, RF next to L  
3&4 Side LF to L, RF next to L, Side LF to L  
5&6&7&8 Cross RF over L, Side LF to L, Cross RF behind L, Side LF to L, Cross RF over L, Side LF to L, Step RF in Place

### Section 4. Forward L & R Point, Step Back L Point, Cross RF behind L w/ Sweep, Step LF next to R

1 - 4 Forward LF, Point RF to R, Forward RF , Point LF to L,  
5 - 8 Step Back LF, Point RF to R, Cross RF Behind L with Sweep, Step Back LF next to R

## PART B

### Section 1. Step Lock diagonal R, Suffle R, Step Lock Diagonal L, Suffle

1 , 2 Step RF forward diagonal R, Step LF Behind R,  
3&4 Step RF forward, step LF behind R, Step RF Forward  
5, 6 Step LF forward diagonal L, Step RF Behind L  
7&8 Step LF forward, step RF behind L, Step LF Forward

### Section 2. Rock, Chasse turn ½ R (6.00), Rock, Coaster Step

1, 2 Rock RF Forward, Recover to L  
3&4 Turn RF ¼ R facing 3.00, Step LF next to R, Turn RF ¼ R facing 6.00  
5, 6 Rock LF Forward, Recover to R  
7&8 Step LF back, Step RF back next to L, Step LF Forward

### Section 3. Step R, Suffle Forward, Step L, Suffle Forward

1, 2 Side RF to R, Step LF next to R  
3&4 Step RF Forward, Step LF behind R, Step RF Forward  
5, 6 Step LF to L, Step RF next to L  
7&8 Step LF Forward, Step RF behind L, Step LF Forward

### Section 4. Chasse R turn ¼ L (3.00), Chasse L turn ¼ L (12.00), Chasse R turn ¼ L(9.00), Chasse L

1&2 Side RF to R, LF next to R, Side RF to R turn ¼ L facing 3.00  
3&4 Side LF to L, RF next to L, Side LF turn ¼ L facing 12.00  
5&6 Side RF to R, LF next to R, Side RF to R turn ¼ L facing 9.00  
7&8 LF to L, RF next to L, Side LF to L

## **PART C**

### **Section 1. Basic Suffle(Rock, Recover, Back Suffle, Rock, Recover, Forward Suffle)**

- 1,2 Rock RF forward, Recover to L
- 3&4 Step RF behind, Step Back LF next R, Step back RF
- 5, 6 Step LF Back, Recover to R
- 7&8 Step LF Forward, Step RF behind L, Step LF Forward

### **Section 2. 2x Cross Samba L & R, Rock, Chasse turn R ½ facing 3.00**

- 1&2 Cross RF over L, Step LF to L, Recover RF to R
- 3&4 Cross LF over R, Step RF to R, Recover LF to L
- 5,6 Rock RF Forward, Recover to L
- 7&8 Turn RF ¼ R, Step LF next to R, Turn RF ¼ R facing 3.00

### **Section 3. Side L, Recover, Weave, Side R, Recover, Cross Suffle**

- 1, 2 Side LF to L, Recover to R
- 3&4 Cross LF behind R, Step RF side R, Cross LF Over R
- 5, 6 Side RF to R, Recover to L
- 7&8 Cross RF over L, Step LF on R Side, Cross RF over L

### **Section 4. Rock, Recover, Chasse turn ¼ L facing 12.00, Jazz Box**

- 1, 2 Rock LF Forward, Recover to R
- 3&4 Step LF ¼ to L facing 12.00, Step RF next to L, Step LF to L
- 5 - 8 Cross RF over L, Step back LF behind R, Step RF side R, Step LF Forward

## **PART D**

### **Section 1. Swivel R, Swivel L**

- 1,2& Step RF Diagonally Fwd R (Facing 10.30), Swivel LF heel to R, Swivel LF toes to R,
- 3,4 Swivel LF heel to R, Hitch LF knee
- 5, 6& Step LF Diagonally Fwd L (facing 01.30), Swivel RF heel to L, Swivel RF toes to L,
- 7,8 Swivel RF heel to L, Hitch RF knee

### **Section 2. 2x Side R & L with Shoulder Shimmys**

- 1, 2, 3, 4 Step RF side, Point LF to L with shimmys, Step LF side, Point RF to R with Shimmys
- 5, 6, 7, 8 Step RF side, Point LF to L with shimmys, Step LF side, Point RF to R with Shimmys

### **Section 3. V Step R & L**

- 1, 2, Step RF diagonal R (facing 10.30), Step LF next to R,
- 3&4 Step RF Side R, Step LF next to R, Step RF side R
- 5, 6, Step LF diagonal L(facing 1.30), step RF next to L
- 7&8, Step LF Side L, Step RF next to L, Step LF side L

### **Section 4. Toe Strut, 2x Paddle L ¼**

- 1&2 Touch R Toes Fwd bumping hips fwd, Bump hips back, Step on RF
- 3&4 Touch L toes fwd bumping hips fwd, Bump hips back, Step on LF
- 5 - 8 Step RF fwd, turn ¼ L (hip roll), step RF fwd R, turn ¼ L (hip roll)

### **Tag - Jazz Box, Facing 3.00, on wall 2, ending second Part of B**

- 1 - 4 Cross RF over L, LF behind L, Step Side RF to R, LF forward R

**Enjoy dancing n stay healthy. Thank You...**

**Last Update - 9 March 2021**

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