

Sugar And Pai

Compte: 32

Mur: 2

Niveau: Beginner east coast swing



Chorégraphe: Cato Larsen (NOR)

Musique: Sugar And Pai - Bigfoot

KICK BALL STEP, STOMP, POINT, LEFT SAILOR STEP, RIGHT SAILOR STEP

- 1&2 Kick right foot forward, step right next to left, step forward on left
3-4 Stomp right foot forward, point left toe to left side
5&6 Cross left behind right, step right slightly right, step left slightly left
7&8 Cross right behind left, step left slightly left, step right slightly right

KICK BALL STEP, STOMP, POINT, RIGHT SAILOR STEP, LEFT SAILOR STEP ¼ TURN

- 1&2 Kick left foot forward, step left next to right, step forward on right
3-4 Stomp left foot forward, point right toe to right side
5&6 Cross right behind left, step left slightly left, step right slightly right
7&8 Cross left behind right, step right slightly right, step left ¼ turn left

SHUFFLE FORWARD, STEP, PIVOT ½ TURN, COASTER STEP, STEP, HITCH

- 1&2 Step forward on right, step left next to right, step forward on right
3-4 Step forward on left, pivot ½ turn right (keep weight back on left)
5&6 Step back on right, step left next to right, step forward on right
7-8 Step forward on left, hitch right knee

HEEL TOUCHES, HITCHES & SLAP, STEP, ¼ TURN

- 1-2 Touch right heel forward, hitch right knee slapping it with right hand
3-4 Touch right heel forward, flick right foot out to right side slapping the outside right heel with right hand
5-6 Step forward on right foot, hitch left knee slapping it with left hand
7-8 Step forward on left foot, pivot ¼ turn right (keep weight on left foot)

REPEAT
