

# Sugar and Spice

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Low Intermediate  
編舞者: Steve Carroll (USA) & Megan Carroll (USA) - August 2015  
音樂: Sugar - Jennifer Nettles



## #16 count intro, start with vocals

### (1-8) R steplockstep, L steplockstep, back touch, back touch

1 & 2      step right forward, step left behind right, step right forward.  
3 & 4      step left forward, step right behind left, step left forward.  
5,6      step right back, touch left to right,  
7,8      step left back, touch right to left.

### (9-16) Weave right with a step slide, Weave left with a step slide

1 & 2 &      step right to right side, step left behind right, step right to the side, cross left over right  
3, 4      step right to side, slide left to touch right  
5 & 6 &      step left to the left side, step right behind left, step left to the side, cross right over left  
7,8      step left to side, slide right to touch left.

### (17-24) Right kickkick, rock step, steplockstep, Left kick kick, rock step, step lock step

1 & 2 &      right kick 2X, rock back on right, recover left,  
3 & 4      right step forward, left lock behind right, step right forward  
5 & 6 &      left kick 2X, rock back on left, recover right,  
7 & 8      left step forward, right lock behind left, step left forward.

### (25-32) Chase turn left, left side rock cross, right side rock cross, rock kick step, right, left

1 & 2      step right forward, 1/2 turn left, step right forward,  
3 & 4      rock left to left side, recover to right and cross left over right.  
5 & 6      rock right to right side, recover to left and cross right over left  
7 & 8      rock back on left kick right, step right, left.

\*RESTART : On the third wall (2 nd time @ front wall) you do the first 4 counts (step lock step, step lock step) and then start over with the step lock steps.  
Now becomes wall 4

\* TAG : On the seventh wall (3 rd time @ back wall) do the first 8 counts then a 4 count paddle 1/2 turn to the left and Restart.

Contact: [stecar910@gmail.com](mailto:stecar910@gmail.com)

Last Update – 30th Aug 2015

Last Site Update – 2nd Oct 2015