

Sugar, Sugar and Pai

拍數: 64 牆數: 2 級數: Beginner
編舞者: Rene & Reg Mileham (UK) - September 2015
音樂: Sugar and Pai - The Boots Band : (CD: Out In The Country)



Music Download from Amazon and iTunes

Country 16 count intro - 132 bpm

Section 1: Forward rock, side rock, slow coaster, hold. .

1 - 2 Rock Right forward, recover onto Left
3 - 4 Rock Right to right side, recover onto Left
5-6-7-8 Slow Right Coaster step, hold (weight on Right)

Section 2: Step, Lock, step, brush. Repeat with Right

1-2-3-4 Step Left forward, lock Right behind Left, step Left forward, brush right forward
5-6-7-8 Step Right forward, lock Left behind Right, step Right forward, brush Left forward

Section 3: Forward rock, side rock, slow coaster, hold. .

1 - 2 Rock Left forward, recover onto Right
3 - 4 Rock Left to left side, recover onto Right
5-6-7-8 Slow Left Coaster step, hold (weight on Left)

Section 4: Rock, cross, hold. Repeat with left

1-2-3-4 Rock Right out to right side, recover onto Left, cross Right over Left, hold
5-6-7-8 Rock Left out to left side, recover onto Right, cross Left over Right, hold

Section 5: ¼ turning Rumba box with touches

1 - 2 Step Right to right side, close Left next to Right
3 - 4 Step Right forward turning ¼ right, touch Left next to Right 3.00
5 - 6 Step Left to left side, close Right next to Left
7 - 8 Step Left back, touch Left next to Right

Section 6: ¼ turning Rumba box with touches

1 - 2 Step Right to right side, close Left next to Right
3 - 4 Step Right forward turning ¼ right, touch Left next to Right 6.00
5 - 6 Step Left to left side, close Right next to Left
7 - 8 Step Left back, touch Left next to Right

Section 7: Step, hold, close, hold, rock, recover, cross, hold

1 - 2 Step Right to right side, hold
3 - 4 Close Left next to Right, hold
5-6-7-8 Rock Right to right side, recover onto Left, cross Right over Left, hold

Section 8: Step, hold, close, hold, rock, recover, cross, hold

1 - 2 Step Left to left side, hold
3 - 4 Close Right next to Left, hold
5-6-7-8 Rock Left to left side, recover onto Right, cross Left over Right, hold (weight on Left)