Sugar with Pai



編舞者: Imam Wahyudi (INA) - March 2023

音樂: Sugar and Pai - The Boots Band: (Album: Out in the Country)



Start on vocals - Intro: 16 counts - No tag - No restart

SEC.I - SIDE ROCK, CROSS SHUFFLE, 1/2 TURN RIGHT, CROSS, HOLD WITH CLAP

1- Step RF to Right side

2- Recover on LF

3- Cross RF over LF

&- Step LF to Left side

4- Cross RF over LF

5- Make a 1/4 turn Right stepping LF back

6- Make a 1/4 turn Right step RF to Right side

7- Cross LF over RF

8- Hold with clap (1X)

SEC.II - SIDE ROCK, CROSS SHUFFLE, 1/4 TURN RIGHT, CROSS, HOLD WITH CLAP

1- Step RF to Right side

2- Recover on LF

3- Cross RF over LF

&- Step LF to Left side

4- Cross RF over LF

5- Make a 1/4 turn Right stepping LF back

6- Step RF to Right side

7- Cross LF over RF

8- Hold with clap (1X)

SEC.III - RIGHT CHASSE, BACK ROCK, LEFT CHASSE, BACK ROCK

1- Step RF to Right side

&- Close LF beside RF

2- Step RF to Right side

3- Step LF back

4- Recover on RF

5- Step LF to Left side

&- Close RF beside LF

6- Step LF to Left side

7- Step RF back

8- Recover on LF

SEC.IV - STEP SIDE 1/4 TURN LEFT, TAP, STEP FWD 1/4 TURN LEFT, TAP, BACK ROCK WITH JUMPING, STOMP-UP TWICE

1- Make a 1/4 turn Left step RF to Right side

2- Tap LF toe beside RF

3- Make a 1/4 turn Left stepping LF fwd

4- Tap RF toe beside LF

5- Step RF back (jumping) with LF kick fwd

6- Recover on LF

7- Stomp-up RF beside LF

8- Stomp-up RF beside LF

SEC.V - VINE RIGHT, CROSS, RIGHT CHASSE, BACK ROCK

1-Step RF to Right side 2-Cross LF behind RF 3-Step RF to Right side 4-Cross LF over RF Step RF to Right side 5-&-Close LF beside RF Step RF to Right side 6-7-Step LF back & cross 8-Recover on RF

SEC.VI - VINE LEFT, CROSS, LEFT CHASSE, BACK ROCK

Step LF to Left side 1-2-Cross RF behind LF 3-Step LF to Left side 4-Cross RF over LF 5-Step LF to Left side &-Close RF beside LF 6-Step LF to Left side 7-Step RF back & cross

SEC.VII - MONTEREY 1/4 TURN RIGHT, BACK ROCK, STOMP 2X

1- Point RF toe to Right side

Recover on LF

2- Slide 1/4 turn Right stepping RF beside LF

3- Point LF toe to Left side
4- Close LF beside RF
5- Stomp RF beside LF
6- Stomp LF beside RF

7- Step RF back8- Recover on LF

8-

SEC.VIII - ROCK STEP FWD, BACK SHUFFLE, BACK ROCK, FWD SHUFFLE

Step RF fwd 1-2-Recover on LF 3-Step RF back &-Step LF next to RF 4-Step RF back 5-Step LF back 6-Recover on RF 7-Step LF fwd &-Step RF next to LF 8-Step LF fwd

(Option: 3 & 4 Back lock shuffle)

End of pattern & start over again.

Enjoy & have fun!

Note: As the closing of this dance, please, do anything so that you are happy!

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