

Official WCDF competition dance description 2007

Sugar & Pai

Kelli Haugen

Type : 32 Count, 4 Wall Linedance Lilt (East Coast Swing)
Level : Newcomer
Music : "Sugar And Pai" The Boots Band (BPM 132)

ROCK, RECOVER, SAILOR STEP, SHUFFLE, STEP, ½ TURN L

1 RF rock side right
2 LF recover
3 RF cross behind LF
& LF step side left
4 RF step side right & slightly
forward
5 LF step forward
& RF step next to LF
6 LF step forward
7 RF step forward
8 ½ turn left, LF step forward

CHASSE, ROCK, RECOVER, CHASSE, ROCK, RECOVER

9 RF step side right
& LF step next to RF
10 RF step side right
11 LF rock back
12 RF recover
13 LF step side left
& RF step next to LF
14 LF step side left
15 RF rock back
16 LF recover

SIDE, BEHIND, ¼ TURN R, TOUCH, HEEL SWITCHES, TOUCH, ¼ TURN R

HOOK

17 RF step side right
18 LF cross behind RF
19 ¼ turn right, RF step forward
20 LF touch side left
& LF step next to RF
21 RF touch heel forward
& RF step next to LF
22 LF touch heel forward
& LF step next to RF
23 RF touch side right
24 ¼ turn right, RF hook in front L leg

SHUFFLE, STEP, ¼ TURN R, CROSS SHUFFLE, KICK BALL CROSS

25 RF step forward
& LF step next to RF
26 RF step forward
27 LF step forward
28 ¼ turn right, RF step side right
29 LF cross over RF
& RF step side right
30 LF cross over RF
31 RF kick diagonally right forward
& RF step next to LF
32 LF cross over RF