

Tävlingskoreografi till East Heart Competition  
Tävlingsdatum 13 april 2019

Dans A

# Sugar & Pai

Kelli Haugen

Beskrivning: 32 Count, 4 Wall, East Coast Swing Linedance  
Nivå: Starter  
Musik: "Sugar And Pai" - The Boots Band (133 BPM)

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## **ROCK, RECOVER, SAILOR STEP, SHUFFLE, STEP, ½ TURN**

1-2 Rock right foot to right side, recover onto left  
3&4 Cross right behind left, step left to left side, step forward right  
5&6 Shuffle forward left, right, left  
7-8 Step left forward, make 1/2 turn right and take weight on right [6:00]

## **CHASSE, ROCK, RECOVER, CHASSE, ROCK, RECOVER**

1&2 Step right to right side, step left beside right, step right to right side  
3-4 Rock left behind right, recover onto right  
5&6 Step left to left side, step right beside left, step left to left side  
7-8 Rock right behind left, recover onto left

## **SIDE, BEHIND, ¼ TURN, POINT, HEEL SWITCHES, TOUCH, ¼ TURN HOOK**

1-4 Step right to right side, cross left behind right  
3-4 1/4 turn right stepping forward on right, point left toe to left side [9:00]  
&5&6 Step left next to right, touch right heel forward, step right next to left, touch left heel forward  
&7-8 Step left next to right, point right toe to right side, make 1/4 turn right hooking right foot over left [12:00]

## **SHUFFLE, STEP, ¼ TURN, CROSSING SHUFFLE, KICK BALL CROSS**

1&2 Shuffle forward right, left, right  
3-4 Step left forward, make 1/4 turn right and take weight on right [3:00]  
5&6 Cross left foot over right, step right to right side, cross left foot over right  
7&8 Kick right foot diagonally forward, step right next to left, cross left foot over right