

# Sugar and Spice

**COPPER** KNOB  
STEPPERS

**Count:** 32

**Wall:** 2

**Level:** Low Intermediate

**Choreographer:** Steve Carroll (USA) & Megan Carroll (USA) - August 2015

**Music:** Sugar - Jennifer Nettles



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## #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.

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**Last Update – 30th Aug 2015**

**Last Site Update – 2nd Oct 2015**

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