

# Sugar and Spice

Count: 32

Wall: 4

Level: High Improver

Choreographer: Sue Smyth (UK) - February 2017

Music: Sugar - Jennifer Nettles



**Intro Count: 16 Counts From Beginning Of Song, Or 8 Counts From Heavy Drum Beat**

**SEC 1: □WEAVE RIGHT, SIDE ROCK CROSS, POINT & POINT SWEEP, SAILOR ¼ TURN LEFT**

- 1&2& Step R To R Side, Step L Behind R, Step R To R Side, Cross L Over R,  
3&4 Rock R To R Side, Rec On L, Cross R Over L  
5&6& Point L To L Side, Touch L Beside R, Point L To L Side, Sweep L Round (&)  
7&8 Make ¼ Turn L Stepping Back On L, Step R Beside L, Step Fwd On L ( 9 O'clock)

**SEC 2: □RUNNING LOCK STEPS FWD HITCH R, RIGHT MAMBO FWD, LEFT COASTER CROSS**

- 1&2 Step Diag Fwd On R, Lock L Behind R, Step Diag Fwd On R,  
&3&4 Step Diag Fwd On L, Lock R Behind L, Step Fwd On L, Hitch R Leg (Restart Here On Wall 4 Facing 9 O'clock)  
5&6 Rock Fwd On Right, Recover On Left, Step Right Beside Left (9 O'clock)  
7&8 Step Back On Left, Step Right Beside Left, Cross Left Over Right

**SEC 3: □HIP BUMPS RLR, LEFT KICK BALL CROSS, HIP BUMPS LRL RIGHT KICKBALL CROSS**

- 1&2 Step R To R Side Bumping Hips To Right, Bump Hips Left, Bump Hips Right (Weight On Right)  
3&4 Kick Left Foot Fwd, Rec On Ball Of L, Cross R Over Left  
5&6 Step L To L Side Bumping Hips To Left, Bump Hips Right, Bump Hips Left (Weight On Left)  
7&8 Kick Right Foot Fwd, Rec On Right, Cross Left Over Right

**SEC 4: □RHUMBA BOX, RIGHT LOCK FWD, STOMP TOUCH, CLAP HANDS TWICE**

- 1&2 Step R To R Side, Step Left Beside Right, Step Back On Right,  
3&4 Step Left To Left Side, Step Right Beside Left, Step Fwd On Left  
5&6 Step Fwd On Right, Lock Left Behind Right, Step Fwd On Right,  
&7 Stomp Fwd On Left, Touch R Beside L  
&8 Clap Hands Twice (Weight On Left)

**TAG: END OF WALL 2 FACING 6 O'CLOCK REPEAT LAST 8 COUNTS IN SEC 4**

- 5&6 Step Fwd On Right, Lock Left Behind Right, Step Fwd On Right  
&7 Stomp Fwd On Left, Touch R Beside Left  
&8 Clap Hands Twice (Weight On Left)

**RESTART ON WALL 4, START DANCE AT 12 O'CLOCK, RESTART AT 9 O'CLOCK SEC 2 AFTER RUNNING LOCKSTEP HITCH.**