Sugar and Spice

拍数: 32   **墙数:** 4   **级数:** High Improver

编舞者: Sue Smyth (UK) - February 2017

音乐: 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'clk)

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'clk)
5&6	Rock Fwd On Right, Recover On Left, Step Right Beside Left (9 O'clk)
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.