

# Sugar, Sugar and Pai

拍數: 64      牆數: 2      級數: Beginner  
編舞者: Rene & Reg Mileham (UK) - September 2015  
音樂: Sugar and Pai - The Boots Band : (CD: Out In The Country)



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### Country 16 count intro - 132 bpm

#### Section 1: Forward rock, side rock, slow coaster, hold. .

1 - 2      Rock Right forward, recover onto Left  
3 - 4      Rock Right to right side, recover onto Left  
5-6-7-8      Slow Right Coaster step, hold (weight on Right)

#### Section 2: Step, Lock, step, brush. Repeat with Right

1-2-3-4      Step Left forward, lock Right behind Left, step Left forward, brush right forward  
5-6-7-8      Step Right forward, lock Left behind Right, step Right forward, brush Left forward

#### Section 3: Forward rock, side rock, slow coaster, hold. .

1 - 2      Rock Left forward, recover onto Right  
3 - 4      Rock Left to left side, recover onto Right  
5-6-7-8      Slow Left Coaster step, hold (weight on Left)

#### Section 4: Rock, cross, hold. Repeat with left

1-2-3-4      Rock Right out to right side, recover onto Left, cross Right over Left, hold  
5-6-7-8      Rock Left out to left side, recover onto Right, cross Left over Right, hold

#### Section 5: ¼ turning Rumba box with touches

1 - 2      Step Right to right side, close Left next to Right  
3 - 4      Step Right forward turning ¼ right, touch Left next to Right 3.00  
5 - 6      Step Left to left side, close Right next to Left  
7 - 8      Step Left back, touch Left next to Right

#### Section 6: ¼ turning Rumba box with touches

1 - 2      Step Right to right side, close Left next to Right  
3 - 4      Step Right forward turning ¼ right, touch Left next to Right 6.00  
5 - 6      Step Left to left side, close Right next to Left  
7 - 8      Step Left back, touch Left next to Right

#### Section 7: Step, hold, close, hold, rock, recover, cross, hold

1 - 2      Step Right to right side, hold  
3 - 4      Close Left next to Right, hold  
5-6-7-8      Rock Right to right side, recover onto Left, cross Right over Left, hold

#### Section 8: Step, hold, close, hold, rock, recover, cross, hold

1 - 2      Step Left to left side, hold  
3 - 4      Close Right next to Left, hold  
5-6-7-8      Rock Left to left side, recover onto Right, cross Left over Right, hold (weight on Left)