

# Sugar & Spice

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jef Camps (BEL), Roy Verdonk (NL) & Jo Kinser (UK) - March 2024  
音樂: Milky Way - Duguneh, Abi F Jones & Jay Fonseca



## Intro 16 counts

### S1: Skate, Skate, Shuffle, Skate, Skate, Shuffle

1-2            RF skate forward, LF skate forward  
3&4           RF step forward into R diagonal, LF close next to RF, RF step forward  
5-6           LF skate forward, RF skate forward  
7&8           LF step forward into L diagonal, RF close next to LF, LF step forward

### S2: Jazz Box Cross, Side Rock, ¼ Recover, ¼ Chasse

1-2            RF cross over LF, LF step back  
3-4            RF step side, LF cross over RF  
5-6            RF rock side, ¼ turn L & put weight on LF (9:00)  
7&8            ¼ turn L & RF step side, LF close next to RF, RF step side (6:00)

### S3: Behind, Side, Cross Samba, Cross, ¼ Back, Back Pony Step

1-2            LF cross behind RF, RF step side  
3&4            LF cross over RF, RF rock side, recover on LF  
5-6            RF cross over LF, ¼ turn R & LF step back (9:00)  
7&8            RF step back hitching L-knee, LF close next to RF, RF step back hitching L-knee

### S4: Rock Back/Recover, Shuffle ½ Turn, Back, Drag, Ball, Walk R-L

1-2            LF rock back, recover on RF  
3&4            ¼ turn R & LF step side, RF close next to LF, ¼ turn R & LF step back (3:00)  
5-6            RF large step back, drag LF towards RF  
&7-8          LF close on ball next to RF, RF step forward, LF step forward

Have fun!

### Restart:

In wall 5 dance up to count 12 and add following steps before restarting the dance (12:00)

1-2-3-4          RF step side & sway R, sway L, sway R, sway L (wave your arms)

Last Update: 13 Mar 2024