



Approved by:

*Rene
and
Reg Mileham*

Sugar Sugar And Pai

2 WALL – 64 COUNTS – BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 4 5 – 8	Forward Rock, Side Rock, Slow Coaster, Hold Rock forward on right. Recover onto left. Rock right to side. Recover onto left. Step right back. Step left beside right. Step right forward. Hold (weight on right).	Forward Rock Side Rock Coaster Step Hold	On the spot
Section 2 1 – 4 5 – 8	Forward Lock Step Brush (Left Then Right) Step left forward. Lock right behind left. Step left forward. Brush right forward. Step right forward. Lock left behind right. Step right forward. Brush left forward.	Left Lock Left Brush Right Lock Right Brush	Forward
Section 3 1 – 4 5 – 8	Forward Rock, Side Rock, Slow Coaster, Hold Rock forward on left. Recover onto right. Rock left to side. Recover onto right. Step left back. Step right beside left. Step left forward. Hold (weight on left).	Forward Rock Side Rock Coaster Step Hold	On the spot
Section 4 1 – 4 5 – 8	Side Rock, Cross Hold (Right Then Left) Rock right to side. Recover onto left. Cross right over left. Hold. Rock left to side. Recover onto right. Cross left over right. Hold.	Side Rock Cross Hold Side Rock Cross Hold	On the spot
Section 5 1 – 2 3 – 4 5 – 6 7 – 8	1/4 Turning Rumba Box With Touches Step right to side. Step left beside right. Step right forward turning 1/4 right. Touch left beside right. (3:00) Step left to side. Step right beside left. Step left back. Touch left beside right.	Side Together Quarter Touch Side Together Back Touch	Right Turning right Left Back
Section 6 1 – 2 3 – 4 5 – 6 7 – 8	1/4 Turning Rumba Box With Touches Step right to side. Step left beside right. Step right forward turning 1/4 right. Touch left beside right. (6:00) Step left to side. Step right beside left. Step left back. Touch right beside left.	Side Together Quarter Touch Side Together Back Touch	Right Turning right Left Back
Section 7 1 – 4 5 – 8	Side Hold, Together Hold, Side Rock, Cross Hold Step right to side. Hold. Step left beside right. Hold. Rock right to side. Recover onto left. Cross right over left. Hold.	Side Hold Together Hold Side Rock Cross Hold	Right On the spot
Section 8 1 – 4 5 – 8	Side Hold, Together Hold, Side Rock, Cross Hold Step left to side. Hold. Step right beside left. Hold. Rock left to side. Recover onto right. Cross left over right. Hold (weight on left).	Side Hold Together Hold Side Rock Cross Hold	Left On the spot

Choreographed by: Rene and Reg Mileham (UK) September 2015

Choreographed to: 'Sugar And Pai' by The Boots Band (132 bpm: dance written as 66 bpm) from CD Out In The Country; download available from amazon or iTunes (16 count intro)



A video clip of this dance is available at www.linedancerweb.com