

Shuga Rush

64 Count, 4 Wall, Improver

Choreographer Seth Lilly (June 2009)

Choreographed to Sugar by Flo Rida ft. Wynter

40-count intro

1-8 Step, Anchor, Step, Coaster step, Step-pivot-step.

- 1 Step left foot forward.
2&3 Rock right foot behind left. Recover on left foot. Step right foot backward.
4 Step left foot backward.
5&6 Step right foot backward. Step left foot next to right. Step right foot forward.
7& Step left foot forward. Turn ½ right (600) shifting weight onto right foot.
8 Step left foot forward.

9-16 Touch, Hitch, Coaster, Bump, Bump, Bump-bump-bump.

- 1,2 Touch right foot forward. Hitch right knee up.
3&4 Step right foot backward. Step left foot next to right. Step right foot forward.
5 Bump left hip to the left turning body ¼ right (900), but keeping head facing 600.
6 Bump right hip to the right while turning head to 900.
7&8 Bump hips left. Bump hips right. Bump hips left.

17-24 Sailor-touch, And cross, Turn, Sailor-turn, Step out, Step out.

- 1&2 Step right foot behind left. Step left next to right. Touch right heel to right side.
&3 Step right foot next to left foot. Cross left foot over right foot.
4 Step right foot back turning ¼ left (600).
5&6 Step left behind right. Step right next to left. Step right foot forward turning ¼ left.
7 Now facing 300, turn ¼ left (1200) stepping right foot to right side.
8 Step left foot out to left side.

25-32 Touch, Hold, And-touch, Hold, And-touch-and-touch-and-step, Hold.

- 1,2 Touch right foot over left. Hold
&3,4 Step right foot to right side. Touch left foot over right. Hold.
&5& Step left foot to left side. Touch right foot over left. Step right foot to right side.
6&7 Touch left foot over right. Step left foot to left side. Step right foot over left.
8 Hold.

33-40 And-cross, Hold, And-cross, Hold, And-cross, Rock, Recover, Turn.

- &1,2 Step left foot to left side. Cross right foot over left. Hold.
&3,4 Step left foot to left side. Cross right foot over left. Hold.
&5 Step left foot to left side. Cross right foot over left.
6,7 Rock left foot forward turning ¼ left (900). Recover weight onto right foot.
8 Step left foot to left side turning ¼ left (600).

41-48 Wizard step, Wizard step, Coaster step, Touch.

- 1 Step right foot to right diagonal turning ¼ left (300).
2&3 Step left foot behind right. Step right foot beside left. Step left foot to left diagonal.
4&5 Step right foot behind left. Step left foot beside right. Step right foot to right side.
6&7 Step left foot backward. Step right foot beside left. Step left foot forward.
8 Touch right foot to right side turning ¼ left (1200).

49-56 Paddle turn 3/4 ending with a touch.

- 1-8 Paddle turn ¾ left (300) touching right toe out to right side.

57-64 Step, Cross, Touch, Behind, Step out, Step out, Rock, Recover.

- 1,2 Step right foot to right side. Cross left foot over right.
3,4 Touch right toe to right side. Step right foot behind left.
5,6 Step left foot out to left side. Step right foot out to right side.
7,8 Rock weight onto left foot. Recover weight onto right foot.