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Sugar Rush

64 Count, 2 Wall, Intermediate

Choreographer: Trevor Thornton (USA) Feb 2015

Choreographed to: Sugar by Maroon 5

Intro: 16

1 SLIDE BACK RIGHT, DRAG LEFT, LEFT BACK-SIDE-CROSS, RIGHT SIDE, HOLD, LEFT CLOSE, RIGHT SIDE ROCK, ¼ LEFT

1-2 Step right back, drag left toward right

&3-4 Step left back, step right side, cross left over

5-6 Step right side, hold

&7-8 Step left together, step right side, turn ¼ left (weight to left) (9:00)

On counts 5-6&7, roll shoulders to right, then roll back to left for the ¼ turn

2 SIDE POINTS RIGHT & LEFT, BODY ROLL LEFT, CLOSE RIGHT, SIDE LEFT, SWIVEL RIGHT TOE-HEEL-TOE, HITCH RIGHT, FORWARD RIGHT

1&2 Touch right side, step right together, touch left side

3&4 Step left side (body roll left), step right together, step left side

5&6 Swivel right toe in, swivel right heel in, swivel right toe in

7-8 Hitch right, step right forward

3 STEP LEFT FORWARD-RIGHT, LEFT BALL SIDE-ROCK, LEFT CROSS, RIGHT SIDE, TURN ¼ LEFT X 3 (BOX SQUARE)

1-2 Step left forward, step right forward

&3-4 Rock left side, recover to right, cross left over

5-6 Slide/step right side, turn ¼ left and slide/step left side (6:00)

7-8 Turn ¼ left and slide/step right side, turn ¼ left and slide/step left side (12:00)

4 RIGHT CROSS, LEFT POINT, LEFT CROSS, RIGHT POINT, POINT RIGHT FORWARD-SIDE, RIGHT COASTER

1-4 Cross right over, touch left side, cross left over, touch right side

5-6-7&8 Touch right forward, touch right side, right coaster step

5 WALK LEFT-RIGHT, OUT-OUT-IN, RIGHT FORWARD, LEFT FORWARD, ¼ RIGHT, LEFT CROSS, RIGHT TOUCH-STEP

1-2&3 Step left forward, step right forward, step left side, step right side

&4-5-6 Step left home, step right forward, step left forward, turn ¼ right (weight to right) (3:00)

7&8 Cross left over, touch right side, turn 1/8 right and step right forward (lunge) (4:30)

6 HEEL TAPS TWICE, RIGHT KICK, RIGHT COASTER, ½ TURN FORWARD LEFT, TURN ½ RIGHT, HOLD, LEFT BALL, RIGHT STEP, ON DIAGONAL

1&2 Bounce right heel, bounce right heel (weight to left), kick right forward (4:30)

3&4 Right coaster step

5-6 Turn ½ right and step left back, turn ½ right and step right forward (4:30)

7&8 Hold, step left together, step right forward

On &8, body roll forward (chest to feet) into step right forward

7 ROCK, RECOVER, BACK LOCK, SWEEP, ROCK/HITCH, RECOVER, ¼ TURN SWEEP, COASTER

1-2 Rock left forward, recover to right

3&4 Step left back, lock right over, step left back and sweep right front to back (jump back slightly on left on count 4)

5&6 Rock right back, recover to left, step right back and sweep left front to back (jump back slightly on right on count 6)

7&8 Turn ¼ left and left coaster step (12:00)

8 MAMBO, POINT BACK, TURN ¼ LEFT, CROSSING SHUFFLE, TURN ¼ LEFT, HITCH

1&2 Rock right forward, recover to left, step right back

3-4 Touch left back, turn ¼ left (weight to left) (3:00)

On 3-4, body roll left as you turn ¼ left

5&6 Crossing chassé right-left-right

On 5&6, use shoulders during crossing shuffle

7-8 Turn ¼ left and step left forward, hitch right (6:00)
