

Sugar

32 Count, 4 Wall, Beginner
Choreographer: Teri Rogers (Oct 2015)
Choreographed to: Sugar by Maroon 5

Start dancing on lyrics

Step Kick Forward, Step touch back x 2

- 1-2 Step on R, Kick L forward
- 3-4 Step back on L, Touch R Back
- 5-6 Step on R, Kick L forward
- 7-8 Step back on L, Step R next to L

Twist heels, toes, heels, clap, Twist heels, toes, heels, clap

- 1-2 Twist heels right, toes right,
- 3-4 Twist heels to center, clap
- 5-6 Twist heels left, toes Left
- 7-8 Twist heels to center, clap

Rock side Recover Cross hold, Rock turn ¼ Right, Step Forward, Hold

- 1-2 Rock R to right side, recover L
- 3-4 Cross R over L, hold
- 5-6 Rock L to left side, turn 1/4 right and step forward on R
- 7-8 Step L next to R, hold

SIDE SWITCHES, CLAP TWICE, HEEL SWITCHES FORWARD, HEEL-BALL CHANGE

- 1 & 2& Touch right side, step right together. Touch left side, step left together
- 3&4 Touch right side, clap, clap
- 5& 6& Touch right heel forward, step right together, Touch left heel forward, step left together
- 7&8 Touch right heel forward, Step on ball of right, change weight to left

Start Again - Happy Dancing