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## Sweet Sugar & Spice

64 Count, 4 Wall, Intermediate

Choreographer: Rudy Honing & Wesley F. Wessels (NL)

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Choreographed to: Sugar by Jennifer Nettles

### Section 1: **Rock Step, Weave, Hip Bumps, Coaster Step**

- 1&2 Rock RF behind LF, recover onto LF, step RF side.  
3&4 Cross LF behind RF, step RF side, cross LF over RF.  
5&6 Step RF slightly forward and bump right hip up, bump down, bump up.  
7&8 Step RF back, place LF next to RF, step RF forward.

### Section 2: **¼ Turn Right, Alt. Rumba Box, Cross Shuffle**

- 1&2 Step LF forward, make ¼ turn right, cross LF over RF.  
3&4 Step RF to right side (3), place LF next to RF (&), step RF forward (4).  
5-6 Step LF to left side and drag RF towards LF, make ¼ turn right and step RF to side dragging LF towards RF.  
7&8 Cross LF over RF, step RF to side, cross LF over RF.

### Section 3: **Heel Grind, Coaster Step, Paddle Turns, Travelling Heel Jacks**

- 1-2 Place heel of RF forward, make ¼ turn right (replacing weight on LF).  
3&4 Step RF back, place LF next to RF, step RF forward.  
5-6 Make ¼ turn R point LF to L – Make ¼ turn R point LF to L.  
7&8 Step LF slightly forward over RF, RF to right side, place heel LF forward.

### Section 4: **2 X TRAVELLING HEEL JACKS, SYNCOPATED ROCK STEP, COASTER STEP**

- &1&2 Replace LF beside RF(&), Cross RF over LF(1), LF to left side(&), place heel RF forward(2)  
&3&4 Replace RF beside RF(&), Cross LF over RF(3), RF to right side(&), place heel LF forward(4)  
5&6 Rock RF forward, replace weight onto LF, step RF back.  
7&8 Step LF back, place RF next to LF, step LF forward.

### Section 5: **Side- Rock Recover 2 X, Points 2 X, Knee Pop**

- 1-2& Step RF to right side, rock LF behind RF, recover onto RF.  
3-4& Step LF to left side, rock RF behind LF, recover onto LF.  
5&6& Point R toe to right side, place RF next to LF, point L toe to left side, place LF next to RF.  
7&8 Touch RF forward (7), pop knees ( lift heel of the ground)(&),pop back up (placing heels back down )(8).

### Section 6: **Shuffle, ½ Turn Right, ¾ Turn Left, Side Rock, Cross**

- 1&2 Step RF forward, place LF next to RF, step RF forward.  
3&4 Step LF forward, ½ turn left, step LF forward.  
5&6 Step RF forward making a ½ turn back, step LF ¼ turn to side, cross RF over LF.  
7&8 Rock LF to left side, recover onto RF, cross LF over RF.

### Section 7: **Lock Step, Sweep 2 X, Sailor Step, Paddle Turns**

- 1&2& Step RF back, lock LF in front of RF, step RF back, sweep LF from front to back.  
3&4& Step LF back, lock RF in front of LF, step LF back, sweep RF from front to back.  
5&6 Step RF behind LF, step LF to side, Step RF to right side.  
7-8 Make ¼ turn R point LF to L – Make ¼ turn R point LF to L

### Section 8: **Weave, Rock Step ¼ Turn, Step Out, Hip Roll**

- 1&2 Cross LF over RF, step RF to right side, cross LF behind RF.  
&3&4 Step RF to right side, rock LF over RF, make ¼ turn left stepping LF forward.  
5-6 Step RF out to right side, step LF out to left side.  
7-8 Turn your hip from left to right, weight ends on LF on count 8.

### Have Fun!

#### Tags:-

#### Tag:

- 1-2 **Step RF to right side, touch LF to left side.**  
3-4 **Step LF to left side, touch RF to right.**

#### After Wall 1:

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**After Wall 2: Dance Tag + the last 4 counts of section 8 + TAG**  
1-2 Step RF to right side, touch LF to left side.  
3-4 Step LF to left side, touch RF to right.  
5-6 Step RF out to right side, step LF out to left side.  
7-8 Turn your hip from left to right, weight ends on LF on count 8.  
1-2 Step RF to right side, touch LF to left side.  
3-4 Step LF to left side, touch RF to right.

**After Wall 3:**  
**Repeat section 8 to finish the dance.**

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