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Sugar And Spice

32 Count, 4 Wall, Improver

Choreographer: Sue Smyth (UK) Feb 2017

Choreographed to: Sugar by Jennifer Nettles

Intro Count: 16 Counts From Beginning Of Song, Or 8 Counts From Heavy Drum Beat

Section 1: Weave Right, Side Rock Cross, Point & Point Sweep, Sailor ¼ Turn Left

1&2& Step R To R Side, Step L Behind R, Step R To R Side, Cross L Over R,
3&4 Rock R To R Side, Rec On L, Cross R Over L
5&6& Point L To L Side, Touch L Beside R, Point L To L Side, Sweep L Round (&)
7&8 Make ¼ Turn L Stepping Back On L, Step R Beside L, Step Fwd On L (9 o'clock)

Section 2: Running Lock Steps Fwd Hitch R, Right Mambo Fwd, Left Coaster Cross

1&2 Step Diag Fwd On R, Lock L Behind R, Step Diag Fwd On R,
&3&4 Step Diag Fwd On L, Lock R Behind L, Step Fwd On L, Hitch R Leg
Restart Here On Wall 4 Facing 9 o'clock
5&6 Rock Fwd On Right, Recover On Left, Step Right Beside Left (9 o'clock)
7&8 Step Back On Left, Step Right Beside Left, Cross Left Over Right

Section 3: Hip Bumps RLR, Left Kick Ball Cross, Hip Bumps LRL Right Kickball Cross

1&2 Step R To R Side Bumping Hips To Right, Bump Hips Left, Bump Hips Right (Weight On Right)
3&4 Kick Left Foot Fwd, Rec On Ball Of L, Cross R Over Left
5&6 Step L To L Side Bumping Hips To Left, Bump Hips Right, Bump Hips Left (Weight On Left)
7&8 Kick Right Foot Fwd, Rec On Right, Cross Left Over Right

Section 4: Rhumba Box, Right Lock Fwd, Stomp Touch, Clap Hands Twice

1&2 Step R To R Side, Step Left Beside Right, Step Back On Right,
3&4 Step Left To Left Side, Step Right Beside Left, Step Fwd On Left
5&6 Step Fwd On Right, Lock Left Behind Right, Step Fwd On Right,
&7 Stomp Fwd On Left, Touch R Beside L
&8 Clap Hands Twice (Weight On Left)

Tag: End Of Wall 2 Facing 6 O'clock Repeat Last 8 Counts In Sec 4

5&6 Step Fwd On Right, Lock Left Behind Right, Step Fwd On Right
&7 Stomp Fwd On Left, Touch R Beside Left
&8 Clap Hands Twice (Weight On Left)

**Restart: On Wall 4, Start Dance At 12 o'clock,
Restart At 9 o'clock Sec 2 After Running Lockstep Hitch.**