

Sugar Rush



www.linedancerweb.com www.linedancefoundation.com www.crystalbootawards.com 32 Count 4 Wall Improver Level Dance.

Choreographed by: Helena Jeppsson (SWE) Nov 2025

Choreographed to: Sugar Rush by Marcus & Martinus
Intro: 16 Counts. Start at approx 7 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	STEP, POINT, STEP, POINT, JAZZBOX
1-2	Step fwd on RF slightly across LF, point left toe out to left side
3-4	Step fwd on LF slightly across RF, point right toe out to right side
5-6	Cross RF over LF, step back on LF
7-8	Step RF to right side, cross LF over RF
SEC 2	SIDE SHUFFLE, ROCK STEP, SIDE, ¼ SIDE, CROSS, POINT
1&2	Step RF to right side, step LF beside RF, step RF to right side
3-4	Rock back on LF, recover weight onto RF
5-6	Step LF to left side, ¼ turn R stepping RF to right side (3:00)
7-8	Cross LF over RF, point right toe to right side
SEC 3	SAILOR STEP, SAILOR STEP, 1/8 KICK BALL STEP, 1/8 KICK BALL STEP
1&2	Step RF behind LF, step LF to left side, put weight back onto RF
3&4	Step LF behind RF, step RF to right side, put weight back onto LF
5&6	
Jau	Kick RF fwd, step RF beside LF, make an ¼ turn L step slightly fwd on LF (1:30)
7&8	Kick RF fwd, step RF beside LF, make an ½ turn L step slightly fwd on LF (1:30) Kick RF fwd, step RF beside LF, make an ½ turn L step slightly fwd on LF (12:00)
7&8	Kick RF fwd, step RF beside LF, make an 1/2 turn L step slightly fwd on LF (12:00)
7&8 SEC 4	Kick RF fwd, step RF beside LF, make an 1/8 turn L step slightly fwd on LF (12:00) ROCKING CHAIR, FWD, HEEL BOUNCE WITH 1/4 TURN
7&8 SEC 4 1-2	Kick RF fwd, step RF beside LF, make an 1/8 turn L step slightly fwd on LF (12:00) ROCKING CHAIR, FWD, HEEL BOUNCE WITH 1/4 TURN Rock fwd on RF, recover weight onto LF

