



Sugar & Pai

Script approved by

Kelli



Kelli Haugen

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Rock, Recover, Sailor Step, Forward Shuffle, Step 1/2 Pivot.		
1 - 2	Rock right to right side. Rock onto left in place.	Rock Recover	On the spot
3 & 4	Cross right behind left. Step left to left side. Step right slightly forward.	Sailor Step	
5 & 6	Step left forward. Close right beside left. Step left forward.	Shuffle Step	Forward
7 - 8	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left
Section 2	Right Chasse, Behind Rock, Left Chasse, Behind Rock.		
1 & 2	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
3 - 4	Rock left back behind right. Rock forward onto right.	Behind Rock	On the spot
5 & 6	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
7 - 8	Rock right back behind left. Rock forward onto left.	Behind Rock	On the spot
Option:-	Steps 3 - 4 and 7 - 8 (back rocks) can be replaced with:		
(3 & 4)	Kick left behind right. Step onto left behind right. Step right in place.	Back Kick Ball Step	On the spot
(7 & 8)	Kick right behind left. Step onto right behind left. Step left in place.	Back Kick Ball Step	
Section 3	Step, Behind, 1/4 Turn, Touch, Heel Switches, Touch, 1/4 Turn, Hook.		
1 - 2	Step right to right side. Cross left behind right.	Side Behind	Right
3 - 4	Step right 1/4 turn right. Touch left to left side.	Turn Touch	Turning right
& 5	Step left beside right. Touch right heel forward.	& Heel	On the spot
& 6	Step right beside left. Touch left heel forward.	& Heel	
& 7	Step left beside right. Touch right to right side.	& Touch	
8	On ball of left make 1/4 turn right hooking right across left.	Turn	Turning right
Section 4	Forward Shuffle, Pivot 1/4 Turn Right, Crossing Shuffle, Kick Ball Cross.		
1 & 2	Step right forward. Close left beside right. Step right forward.	Shuffle Step	Forward
3 - 4	Step left forward. Step right 1/4 turn right.	Step Turn	Turning right
5 & 6	Cross left over right. Step right to right side. Cross left over right.	Cross Shuffle	Right
7 & 8	Kick right diagonally forward right. Step right beside left. Cross left over right.	Kick Ball Cross	On the spot

INTERMEDIATE



Music track available for legal download £1.99. visit www.linedancermagazine.com.

4 Wall Line Dance:- 32 Counts. Intermediate.

Choreographed by:- Kelli Haugen (Norway) October 2003.

Choreographed to:- 'Sugar & Pai' (134 bpm) by The Boots Band (Norway). 16 count intro.

Music Suggestions:- 'Rockin' Around The Christmas Tree' (140 bpm) by Jessica Simpson;
'Swingin' Home For Christmas' (115 bpm) by The Tractors; 'Burnin' Love' (145 bpm) by Travis Tritt.