



Sugar & Pai

Choreographed by Kelli Haugen
October 2003

32 count, 4 wall Beginner/Intermediate Linedance

Music: “**Sugar And Pai**” (134 bpm) by The Boots Band (Norway) www.thebootsband.com
Song can be legally downloaded at www.kelli.no

ROCK, RECOVER, SAILOR STEP, SHUFFLE, STEP, ½ TURN

1,2,3&4 Rock right foot to right, recover left, cross right behind left, step left to left, step forward right
5&6,7,8 Shuffle forward left, right, left, step forward right, ½ turn left on left

CHASSE, ROCK, RECOVER, CHASSE, ROCK, RECOVER

1&2,3,4 Triple step right, left, right to right, rock left behind right, recover right
5&6,7,8 Triple step left, right, left to left, rock right behind left, recover left

Option: You can substitute counts 3,4 and 7,8 with

BACK KICK BALL CHANGE

3&4 Kick left foot behind right foot, step left behind right, step right in place
7&8 Kick right foot behind left foot, step right behind left, step left in place

STEP, CROSS BEHIND, ¼ TURN, TOUCH, HEEL SWITCHES, TOUCH, ¼ TURN HOOK

1,2,3,4 Step right to right, cross left behind right, ¼ turn right on right, touch left toe to left
&5&6&7,8 Step left next to right, touch right heel forward, step right next to left, touch left heel forward, step left next to right, touch right toe to right, ¼ turn right on left hooking right foot in front of left

SHUFFLE, STEP, ¼ TURN, CROSSING SHUFFLE, KICK BALL CROSS

1&2,3,4 Shuffle forward right, left, right, step forward left, ¼ turn right on right
5&6,7&8 Cross left foot over right, step right to right, cross left foot over right, kick right foot diagonally forward, step right next to left, cross left foot over right

REPEAT – No tags, no restarts! ☺

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