

MY SUGAR & PAI

2 Wall , 64 Count, Intermediate Line dance, start on vocals

MUSIC. Sugar & Pai By. The Boots Band Track time

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SIDE SHUFFLE RIGHT, ROCK, SIDE SHUFFLE LEFT ROCK, BACK,

1&2,3, 4 side shuffle R,L,R, rock back L , take wt R

5&6,7 ,8 side shuffle L,R,L, rock straight back R, take wt L,

TURNING TOE STRUTS FWD, BOX STEP TOUCH,

1,2,3,4, $\frac{1}{2}$ turn left step back R toe, heel strut, $\frac{1}{2}$ turn left step fwd L toe, heel strut,

5 ,6 ,7, 8, step R across L, step back L, step R to side, touch L next to R,

TURNING FRIEZE LEFT, TURNING FRIEZE RIGHT.

1,2,3,4, $\frac{1}{4}$ turn left step L, $\frac{1}{2}$ turn left step back R, $\frac{1}{4}$ turn left step L to side, touch L next to R,

5,6,7,8, REPAT LAST 4 COUNTS TO THE RIGHT,STEP L NEXT TO R.

HEEL GRIND, COASTER STEP, HEEL GRIND $\frac{1}{4}$ COASTER STEP

1,2 3&4 R heel grind (2 counts) wt on L, coaster back R,L,R,

5,6,7&8 L heel grind (2 counts wt on L), $\frac{1}{4}$ turn left coaster step L,R,L

ROCK FWD, BACK, COASTER STEP , ROCK SIDE, BEHIND & CROSS,

,1,2,3&4, rock fwd R, take wt L, coaster step R,L,R

5,6,7&8, rock L to side, wt R, step L behind R, & step R to side,cross L over R,

FWD, $\frac{1}{4}$ PIVOT, CROSS SHUFFLE, $\frac{1}{2}$ TURN SWIVEL, CROSS SHUFFLE LEFT, STEP SIDE, TOUCH

1,2,3&4, step fwd R, $\frac{1}{4}$ turn left wt L, cross shuffle R,L,R

&%&6,7,8 & swivel heels $\frac{1}{2}$ turn left, cross shuffle L,R,L, step R to side, touch L next to R,

STEP SIDE, BEHIND, FULL TURN, SIDE SHUFFLE, ROCK BACK,

1,2,3,4, step L to side, step R behind L, travelling left full turn stepping L, R,

5&6,7,8 side shuffle L,R,L, rock back R, take wt L,

SIDE TOUCH, SIDE TOUCH, $\frac{1}{2}$ TURN, SIDE TOUCH, SIDE, TOUCH

1,2,3,4, step R to side, touch L next to R, step L to side, touch R next to L

5,6,7,8, step R to side, $\frac{1}{2}$ turn right touch L next to R, step L to side, touch R next L,

64 start again