

SUGAR & PAI

Choreographers: Mike & Michelle Seurer 360 8th Street, Fond du Lac, WI 54935

Music: CD “ Out In the Country” , The Boots Band, Track 3, “Sugar & Pai”

Rhythm: Two-Step

Released 7/24

Footwork: Opposite, except as noted

Phase II

Time: 3:26

Sequence: INTRO ABCD ABCD ABCD B ENDING

INTRODUCTION

1-----4 WAIT 2 MEAS;; APT,-,PT,-; TOG,-, TCH,-;
 1-2 In OP fcg LOD wait 2 meas;;
 3-4 Apt L,-, Pt R,-; Tog,-, tch to CP/WALL,-;

PART A

1-----4 BROKEN BOX;;;;
 1-2 Sd L, cl L, fwd R,-; Rk fwd on R, rec L,-;
 3-4 Sd R, cl R, bk L,-; Rk bk on L, rec R to BFLY/WALL,-;
5-----8 LIMP; WALK TWO; OPEN VINE 4;;
 5-6 Sd L,XRib, of L sd L, XRib of L, Fwd L,-,R,-;
 7-8 Sd L, XRib of L,-; Sd L, XRif of L to BFLY/WALL,-;

PART B

1-----4 FACE TO FACE; BACK TO BACK; BASKETBALL TURN;;
 1-2 Sd L, cl R, sd L trng 1/2 LF (W RF),-; Cont trn sd R, cl L, sd R trng RF to
 BFLY/WALL
 3-4 Lunge sd L twd LOD,-, rec R trng RF (W LF) to LOP/RLOD,-; Lunge sd L,
 twd RLOD,-, rec R trng RF to OP/LOD,-;
5-----8 HITCH 6;; STRUT 4;;
 5-6 Fwd L, cl R, bk L,-; Bk R, cl L, fwd R,-;
 7-8 Fwd L,-,R,-; Fwd L,-,R,-;

PART C

1-----4 LACE UP;;;;
 1-2 Fwd L, cl R, fwd L (As W prog undr jnd ld hands R,L,R),-; fwd R, cl L, fwd R,-;
 3-4 Chng hnds Fwd L,cl R,fwd L(As W prog undr M's R & W's L R,L,R) Fwd R, cl L,
 fwd R to OP/LOD,-;
5-----8 CIRCLE CHASE;;;;
 5-6 W chases M twd COH Fwd L, cl R, fwd L,Fwd R,cl L, fwd R trng LF(W RF) to fc
 WALL,-;
 7-8 M chases W twd WALL Fwd L, cl R, fwd L, Fwd R,cl L, fwd R, (W trns RF to
 BFLY/WALL),-;

PART D

1-----4 VINE 3; WRAP; UNWRAP; CHANGE SIDES;
 1-2 Sd L, XRib, sd L, tch R,-; sd R,XLib,sd R, tch L,-; (W trn LF L,R,L,tch
 R) keep both hands jnd ld hnds over W's hd & M's R & W's L at waist level,-;
 3-4 Release ld hnds M sip L,R,L, tch R (W unwrap RF to arms length R,L,R,
 tch L),-; Fwd R,L,R trn RF to BFLY/COH(W fwd L,R,L undr raised
 M's R & W's L arms trng LF to BFLY/WALL),-;
5---8 VINE 3; WRAP; UNWRAP; CHANGE SIDES;
 5-6 Sd L, XRib, sd L, tch R,-; sd R,XLib,sd R, tch L,-; (W trn LF L,R,L,tch R)
 keep both hands jnd ld hnds over W's hd & M's R & W's L at waist level,-;
 7-8 Release ld hnds M sip L,R,L, tch R (W unwrap RF to arms length R,L,R,
 tch L),-; Fwd R,L,R trn RF to BFLY/WALL(W fwd L,R,L undr raised M's
 R & W's L arms trng LF to BFLY/COH),-;

ENDING

1----4

BOX;; OPEN VINE 3, PT THRU ON 4;;

1-2 Sd L, cl R, fwd L,-; Sd R, cl L, bk R,-;

3-4 Sd L, XRib of L, sd L, XRif of L and hold-;