SUGAR CHA

Released: June 2017
Choreographer: Joe and Pat Hilton, 519 Great Hill Dr, Ballwin, MO, USA, 63021-6262
Phone: (636) 394-7380  Web Site: HiltonRounds.com  Email: joehilton@swbell.net
Music: Sugar [Clean]  Artist: Maroon 5
Album: V [Clean], Track 5
Available as a single download from www.amazon.com

Time/Speed: Time @ BPM: 3:55 @ 120 [30 MPM] as downloaded - speed up or slow down to suit
Footwork: Opposite unless indicated (Woman's footwork in parentheses)

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MEAS:

INTRODUCTION

PART A

1-4 CP MAN FACING WALL  LEAD FEET FREE  WAIT 2 MEAS ;  SWAY LEFT ;  SWAY RIGHT ;

1-2 Wait ;  Wait ;
3  
3  
{SWAY L} Sd L inclining body from the ankle upward away from the R foot, -, -, (W Sd R inclining body from the ankle upward away from the L foot, -, -, );
4  
4  
{SWAY R} Sd R inclining body from the ankle upward away from the R foot, -, -, (W Sd L inclining body from the ankle upward away from the L foot, -, -, );

PART A

1-4 CROSS BODY  WITH REVERSE TWIRL ; ;  AIDA ;  SWITCH CROSS TO BFLY ;

1  
1  
{X BDY} Fwd L, rec R trng LF, sd L/cl R, sd L toe pointing COH (W Bk R, rec L, fwd R/lk Lib of R, fwd R toward M staying on R sd ending in an L-shaped Position);
2  
2  
{W/ REV TWRL} Bk R, rec L trng to fc COH raising lead hnds to lead W to twirl LF under joined lead hnds, sd R/cl L, sd R (W Fwd L, fwd R twirl under joined lead hnds 1/2 LF to end fcg ptr & WALL, sd L/cl R, sd L);
3  
3  
{AIDA} Trng RF to LOD thru L, fwd R trng 1/2 LF to fc RLOD, bk Llk Rif of L, bk L endg in “V” position RLOD (W Trng LF to LOD thru R, fwd L trng 1/2 RF to fc RLOD, bk R/lk Lif of R, bk R endg in “V” position RLOD);
4  
4  
{SWCH X TO BFLY} Trng RF to fc ptr bringing joined hnds thru sd R ckg, rec L, X Rif/sd L, X Rif end BFLY COH (W Trng LF to fc ptr bringing joined hnds thru sd L ckg, rec R, X L If/sd R, X L If end BFLY WALL);
5-8 VINE 2 & CHA ;  WHIP WITH REVERSE TWIRL  LADY WRAP TO LOD ;  WALK ;  SPOT TURN BFLY ;

5  
5  
{VIN 2 & CHA} Sd L, X Rif of L, sd L/cl R, sd L BFLY COH (W Sd R, X Lib of R, sd R/lk L, sd R BFLY WALL);
6  
6  
{WHP W/ REV TWRL LADY WRAP TO LOD} Bk R trng LF, cont trng LF fwd L to fc WALL, raise lead hnds [leading W to twirl LF] slight LF trn in plc R/in plc L, cont trvl to wrp pos cL to WRP LOD (W Fwd L outs M on his L sd, fwd R commence LF trn 1/2 to fc COH, cont LF tight twirl under lead hnds sd & fwd L/R, fwd L to WRP pos to LOD);
7  
7  
{WALK} Fwd L, fwd R, fwd L/lk Rib of L, fwd L end WRP LOD (W Fwd R, fwd L, fwd R/lk Lib of R, fwd R end WRP LOD);
8  
8  
{SPOT TRN BFLY} Releasing joined hnds fwd R trng 1/2 LF on ball of R, rec L trng 1/4 LF to face ptr, sd R/cl L, sd R to BFLY WALL (W Releasing joined hnds fwd L trng 1/2 RF on ball of L, rec R trng 1/4 to face ptr, sd L/cl R, sd L BFLY COH);
9-12 SINGLE CUBAN ;  AIDA ;  SWITCH CROSS TO BFLY ;  VINE 2 & CHA ;

9  
9  
{SGL CUBAN} X Lif of R/rec R, sd L, X Rif of L/rec L, sd R (W X Rif of L/rec L, sd R, X Lif of R/rec R, sd L);
10  
10  
{AIDA} Trng RF to RLOD thru L, fwd R trng LF 1/2:fc LOD, bk L/lk Rif of L, bk L endg in “V” position LOD (W Trng LF to RLOD thru R, fwd L trng 1/2 RF to fc LOD, bk R/lk Lif of R, bk R endg in “V” position LOD);
11  
11  
{SWCH X TO BFLY} Trng RF to fc ptr bringing joined hnds thru sd R ckg, rec L, X Rif/sd L, X Rif end BFLY COH (W Trng LF to fc ptr bringing joined hnds thru sd L ckg, rec R, X L If/sd R, X L If end BFLY WALL);
12  
12  
{VIN 2 & CHA} Sd L, X Rif of L, sd L/cl R, sd L BFLY WALL (W Sd R, X Lib of R, sd R/lk L, sd R BFLY COH);
13-16 TRAIL FOOT DOUBLE CUBANS ; ;  UNDERARM TURN ;  FENCE LINE IN 4 ;

13  
13  
{TRAIL FOOT DBL CUBANS} X Rif of L/rec L, sd R/rec R, X Rif of L/rec L, sd R (W X Lif of R/rec R, sd L/rec R, X Lif of R/rec R, sd L);
14  
14  
X Lif of R/rec R, sd L/rec R, X Lif of R/rec R, sd L (W X Rif of L/rec L, sd R/rec L, X Lif of R/rec L, sd R);
15  
15  
{UNDRM TRN} Raising joined lead hnds trn body slightly RF bk R, rec L squaring body to fc ptr, sd R/cl L, sd R BFLY WALL (W Swvlg 1/4 RF on ball of R foot stp fwd L trng 1/2 RF, rec R trng 1/4 RF to fc ptr, sd L/cl R, sd L BFLY COH);
16  
16  
{FNC LINE IN 4} X lun thru L with bent knee looking RLOD, rec R trng to fc ptr, stp sd L, cl R BFLY WALL (W X lun thru R with bent knee looking RLOD, rec L trng to fc ptr, sd R, cl L BFLY COH);
**Choreography by Joe and Pat Hilton**

**SUGAR CHA**

**PART B**

1-4

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1. **CHASE WITH UNDERARM PASS; START A DOUB LE CUBAN; FENCE LINE;**

   (CHS W/ UNDRM PASS TO BFLY COH) Keeping lead hnds joined fwd L trng 1/2 RF to fc COH, rec fwd R, fwd L/lk Rib, fwd L (W Keeping lead hnds joined bk R, rec L, fwd R/lk Lib, fwr R twd M's L sd);

   Bk R raising joined lead hnds, rec L leading W forward & leading W to trn LF, sd R/cl L, sd R to BFLY COH (W Fwd L, fwr R trng 1/2 LF under joined lead hnds to fc ptr, small sd L/cl R, sd L to BFLY WALL);

   (START A DBL CUBAN) XLif of R/rec R, sd L rec R, XLif of R/rec R, sd L (W XRF of L/rec L, sd R/rec L, XRif of L/rec L, sd R);

   **(FNC LINE)** X lun thru R with bent knee looking RLOD, rec L trng to fc ptr, stp sd R/cl L, sd R to BFLY COH (W X lun thru L with bent knee looking RLOD, rec R trng to fc ptr, sd L/cl R, sd L to BFLY WALL);

5-8

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5. **CHASE WITH UNDERARM PASS; START A DOUB LE CUBAN; SPOT TURN TO HANDSHAKE;**

   (CHS W/ UNDRM PASS TO WALL BFLY) Keeping lead hnds joined fwd L trng 1/2 RF to fc WALL, rec fwd R, fwr L/lk Rib, fwr L (W Keeping lead hnds joined bk R, rec L, fwr R/lk Lib, fwr R twd M's L sd);

6. **(SPT TRN TO HNDSHK)** Swvlg 1/4 on ball of L foot stp fwd R trng LF 1/2, rec L trng LF 1/4 to fc ptr, sd R/cl L, sd R to HNDSHK WALL (W Swvlg 1/4 on ball of R stp fwd L trng RF 1/2, rec R trng RF 1/4 to fc ptr, sd L/cl R, sd L to HNDSHK COH);

7. **(START A DBL CUBAN)** XLif of R/rec R, sd L rec R, XLif of R/rec R, sd L (W XRF of L/rec L, sd R/rec L, XRif of L/rec R, sd R);

8. **(FNC LINE)** Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L trng 1/2 LF to VARS, sd R/cl L, sd R);

9. **(FLIRT)** Fwd R, rec L, sd R/cl L, sd L (W Bk R, rec L trng 1/2 LF to VARS, sd R/cl L, sd R);

10. **(SWHRT)** Ck fwr L with R sd lead into contra check like action, rec R straightening body, sd L/cl R, sd L to VARS WALL (W Bk L, rec R, sd L/cl L, sd L to M's L sd to L VARS WALL);

11. **(SWHRT TO FAN)** Ck fwr L with R sd lead into contra check like action, rec L straightening body, leading W to Xif of M sd R/cl L, sd R to FAN WALL (W Bk L with R sd lead into contra check like action, rec L straightening body, sd R/cl L, sd R to VARS WALL);

13-16

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13. **(STOP & GO HOCKEY STICK; HOCKEY STICK TO CP WALL;)**

14. **(STOP & GO HKY STK)** Ck fwr L, rec R raising L arm to lead W under arm, in plc L/R, L leading W to trn LF (W CI R, fwr L, fwr L/R, R trng 1/2 LF under joined hnds to end at M's R sd while facing LOD);

15. **(HKY STK TO CP WALL)** Fwd L, rec R, in plc L/R, L (W CI R, fwr L, fwr L/lk Lib, fwr R);

16. **(CIRCULAR CROSS BOD Y)** [Note: Circular X Bdy is a 5 meas figure that begins fcg ptr & WALL & makes a 1 & 1/4 LF trn over the 5 meas to end both fcg LOD. R hnds stay joined throughout the entire figure]

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**PART C**

1-4

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1. **BASIC; START A DOUB LE CUBAN; SPOT TURN TO HANDSHAKE;**

   (BAS) Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R);

   Bk R, rec L, sd R/cl L, sd L (W Fwd L, rec R, sd L/cl R, sd L);

   (START A DBL CUBAN) XLif of R/rec R, sd L rec R, XLif of R/rec R, sd L (W XRF of L/rec L, sd R/rec L, XRif of L/rec L, sd R);

   **(SPT TRN TO HNDSHK)** Swvlg 1/4 on ball of L foot stp fwd R trng LF 1/2, rec L trng LF 1/4 to fc ptr, sd R/cl L, sd R to HNDSHK WALL (W Swvlg 1/4 on ball of R stp fwd L trng RF 1/2, rec R trng RF 1/4 to fc ptr, sd L/cl R, sd L to HNDSHK COH);

5-9

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5. **CIRCULAR X BDY** [Note: Circular X Bdy is a 5 meas figure that begins fcg ptr & WALL & makes a 1 & 1/4 LF trn over the 5 meas to end both fcg LOD. R hnds stay joined throughout the entire figure]

   With R hnds joined Fwd L, rec R trng 1/4 LF to fc LOD, sd toward COH L/cl R, sd L to end facing LOD with W on M's R sd (W Bk R, rec L, fwr R/L, R to fc COH on M's R sd);

   Rk bk R, rec L commencing LF trn leading W to Xif of M with low R hnds, cont trng LF to fc DRC stp in plc

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**REPEAT A**
Choreography by Joe and Pat Hilton

SUGAR CHA

R/L, R while trng W LF & bringing R hnds up bhd W (W Fwd L COH, fwd R commencing 1 & 1/8 LF trn, finish LF trn L/R, L to fc RLOD) bending to VARS with both fcg RDC;

7  Rk fwd L, rec R trng 1/8 LF to fc RLOD, stp sd L/cl R, sd L to end fcg RLOD (W Fwd R, fwd L releasing joined L hnds & trng 1/2 RF to fc DLW [Note: This 2nd stp will have a whipping feel for the W], trn another 1/8 RF to fc WALL stp sd R/cl L, sd & fwd R to fc WALL) with R hnds joined in front of W;

[Option: M can raise joined R hnds on beats 3&4 allowing W to make a 1 & 1/4 RF twirl under R hnds and then lowering the R hnds to continue with the next meas]

8  Dancing similar to meas 6 Rk bk R, rec L commencing LF trn leading W to Xif of M with low R hnds, cont trng LF to fc DLW stp in plc R/L, R while trng W LF & bringing R hnds up bhd W (W Fwd L toward WALL, fwd R commencing 1 & 1/8 LF trn, fin LF trn L/R, L to fc DLW) bending to VARS with both fcg DLW;

9  Dancing similar to meas 7 Rk fwd L, rec R trng slightly LF, stp sd L/cl R, sd & fwd L to fc LOD (W Fwd R, fwd L releasing joined L hnds and trng 1/2 RF to fc DRC [Note: This 2nd stp will have a whipping feel for the W] trn another 3/8 RF to fc LOD, stepping sd R/cl L, sd & fwd R) to end both fcg LOD with W to R of M & R hnds joined in front of W;

[Option: W can add extra RF twirl as described in meas 7 but make the extra twirl 1 & 3/8 trn instead of 1 & 1/8;]

10-12

AIDA ; SWITCH WITH CUBAN BREAK ENDING ; SPOT TURN TO FACE ; ;

10  {AIDA} Fwd R release R hnds & jn lead hnds, fwd L trng 1/2 RF, bk R/XLif of R, bk R endg in “V” position fc RLOD (W Fwd L, fwd R trng 1/2 LF, bk L/XRif, bk L to “V” position fc RLOD) trailing arms up & bk;

11  {SWCH W/ CUBAN BREAK ENDG} Trng LF to fc ptr bringing joined hnds thru sd L ckg, rec R, XLif/rec R, sd L to BFLY WALL (W Trng RF to fc ptr bringing joined hnds thru sd R ckg, rec L, XRif/rec L, sd R to BFLY COH);

12  {SPT TRN TO FC} On ball of L foot swivel 1/4 LF stp fwd R turn LF 1/2, rec L turn LF 1/4 to fc ptr, sd R/cl L, sd R to fc WALL no hnds joined (W On ball of R foot swivel 1/4 RF stp fwd L turn RF 1/2, rec R turn RF 1/4 to fc ptr, sd L/cl R, sd L to fc COH no hnds joined);

13-16

RONDE CHA BOX ; ; TWICE TO BFLY ; ;

13  {RONDE CHA BOX} Ronde Lif of R, sd R, bk L/ik Rif of L, bk L (W Ronde Rib of L, sd L, fwd R/ik Lib of R, fwd R);

14  Ronde Rib of L, sd L, fwd R/ik Lib of R, fwd R (W Ronde Lif of R, sd R, bk L/ik Rif of L, bk L);

15  {RONDE CHA BOX TO BFLY} Ronde Lif of R, sd R, bk L/ik Rif of L, bk L (W Ronde Rib of L, sd L, fwd R/ik Lib of R, fwd R);

16  Ronde Rib of L, sd L, fwd R/ik Lib of R, fwd R to BFLY WALL (W Ronde Lif of R, sd R, bk L/ik Rif of L, bk L to BFLY COH);

PART D

1-5

NEW YORKER LADY SPIN TO LOD ; TO A FAN ; HOCKEY STICK WITH TRIPLE CHA FORWARD ; ;

1  {NY LADY SPIN TO LOD} Swvlng on R foot bring L foot thru with straight leg to a sd by sd position, rec R swvlng to fc ptr [& leading W to spin RF], sd L/cl R, sd L (W Swvlng on L foot bring R foot thru with straight leg to a sd by sd position, rec L swvlng/1 2 RF to fc LOD, fwd R with RF spin/ together L continue spin to fc LOD, fwd R); **[NOTE: Lady may omit spin if desired]**

2  {FAN} Bk R, rec L, sd R/cl L, sd R to LOP DLW (W Fwd L, fwd R trng 1 2 LF to fc RLOD, bk L/ik Rif, bk L leaving R extended fwd with no wgt ending LOP RLOD);

3  {HKY STK WITH TRPL CH FWD} Fwd L, rec R, in pl L/R, L (W Cl R, fwd L, fwd R/ik Lib, fwd R);

4  Bk R, rec L twd DRW, fwd R/ik Lib, fwd R (W Fwd L, fwd R trng 1 2 LF to fc ptr, bk L/ik Rif, bk L on a diag);

5  Cont twd DRW fwd L/ik Lib, fwd R, fwd L/ik Rif, fwd R (W Bk R/ik Lif, bk R, bk L/ik Rif, bk L);

6-8

FORWARD RECOVER & TRIPLE CHA BACK ; TO CP RLOD ; START NATURAL TOP TO CP WALL ;

6  {FWD REC & TRPL CH BK CP RLOD} Fwd L, rec R, bk L/ik Rif, bk L (W Bk R, rec L, fwd R/ik Lib, fwd R);

7  Bk R/ik Lif, bk R, bk L/ik Rif. bk L stp slightly to sd to CP RLOD (W Fwd L, fwd R, fwd R/ik Lib, fwd R to CP LOD);

8  {START NAT TOP TO CP WALL} XRib of L trng RF, sd L cont trn, XRib of L cont trn/sd L cont to fc ptr & WALL, cl R (W Sd L trng RF, XRif of L cont trn, sd L cont trn/XRif of L cont trn to fc ptr & COH, sd L);

9-12

ADVANCED HIP TWIST ; TO A FAN ; HOCKEY STICK TO FACE WALL ; ;

9  {ADV HIP TWST} Fwd L on ball of foot with pressure into floor & slight body trn to R ckg fwd motion & leading W to trn more, rec R, small bk L [toe to heel]/cl R, small bk L lowering L arm & holding it firm to lead W’s hip twist (W Swvlng 1 2 RF on L foot bk R to fc WALL, rec L swivel 1 2 LF to fc COH, fwd R/ik Lib, fwd R keeping shoulders as square to Man as possible swvl hips 1 4 RF to fc LOD);

10  {FAN} Bk R, rec L, sd R/cl L, sd R to LOP DLW (W Fwd L, fwd R trng 1 2 LF to fc RLOD, bk L/ik Rif, bk L leaving R extended fwd with no weight to end LOP RLOD);

11  {HKY STK TO FC WALL} Fwd L, rec R, in pl L/R, L (W Cl R, fwd L, fwd R/ik Lib, R);

12  Bk R, rec L, fwd R/ik Lib, fwd & sd R endg WALL (W Fwd L, fwd R trng LF to fc ptr, bk L/ik Rif, bk L COH);
REPEAT PART B  [EXCEPT  END IN BFLY]

REPEAT C

END

1-4

ALEMANA    TO HANDSHAKE ; ;     START A FLIRT ;   TO A FAN     ON LAST STEP  LUNGE SIDE ;

1  {ALEMANA} Fwd L, rec R, bk L/lk Rif, bk L to DRW (W Bk R, rec L, fwd R/lk Lib, fwd R to DLC) ;
2  {TO HNDSHK} Bk R leading W to trn1/2 RF, rec L, sd R/cl L, sd R to HNDSHK (W Fwd L trng 1/2 RF under joined lead hnds to DRW, fwd R trng 1/2 RF to fc ptr, sd L/cl R, sd L to HNDSHK) ;
3  {START A FLIRT } Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L trng 1/2 LF to VARS, sd R/cl L, sd R) ;
4  {TO FAN   ON LAST STP  LUN SD } Bk R, rec L, leading W to Xif of M sd R/cl L, lunge sd R twd RLOD bending knee & ckg quickly sweep R arm up and slightly out (W Rk bk L, rec R, sd L/cl R Xif of M, lunge sd L twd LOD bending knee & ckg quickly sweep L arm up and slightly out) ;