SUGAR, SUGAR IN MY LIFE

Rhythm/Phase: Cha-Cha, Phase III+1 (Alemana)
Choreographers: Jack and Sharie Kenny, 2620 Crestmoor Ct. Arlington, TX 76016
e-mail: jjkenny3@sbcglobal.net
Release Date: March 25, 2016
Music: "Sugar, Sugar In My Life" by John Fogerty
Album: Déjà vu All Over Again, Track 2
Download: Amazon.com
Time/Speed: 3:30
Footwork: Opposite throughout (Lady as noted in parentheses)

INTRODUCTION

1-4 WAIT 2X;; TIME STEPS;;
1-2 {Wait} With M fc prtnr & Wall no hands joined and lead ft free for both Wait 2 measures;;
3-4 {Time Steps} XLIB (Lady XLIB) staying parallel to prtnr, rec R, sd L/cl R, sd L;
   XRIB (Lady XRIB) staying parallel to prtnr, rec L, sd R/cl L, sd R;

5-8 ALEMANA;; LARIAT;;
5-6 {Alemana} Chk fwd L, rec R, bk L/cl R, sm bk L with lead arms raised & palms touching;
   Chk bk R, rec L, cl R/ip L, ip R; (Chk bk R, rec L, fwd R/cl L, fwd R to fc M's left sd;
   Fwd L twd M's left sd trng RF to fc Wall, fwd R trng RF to fc prtnr, sd & fwd L/cl R, fwd & sd L ;)
7-8 {Lariat} Sm sd L, rec R, cl L/ip R, ip L; Sm sd R, rec L, cl R/ip L, ip R;
   (Circling M clockwise under joined lead hands fwd R, fwd L, fwd R/cl L, fwd R;
    cont circling fwd L, fwd R, fwd L/cl R, sd L to fc prtnr ;)

PART A.

1-4 NEW YORKER; UA TURN; HAND TO HAND 2X;;
1 {NY} Trng RF to fc RLOD with ld hands joined chk thru L with straight leg, rec R to fc prtnr, sd L/cl R, sd L ;
2 {UA Turn} Bk R leading W to turn RF under joined lead hands, rec L, sd R/cl L, sd R ;
   (Swiveling on rt ft fwd L twd LOD trng 1/2 RF under joined lead hands, rec R turning 1/4 RF to fc prtnr,
    sd L/cl R, sd L ;)
3-4 {Hand To Hand 2X} Swiveling LF on rt ft Bk L tng RF 1/4, rec R tng RF to fc prtnr, sd L/cl R, sd L ;
   Swiveling RF on left ft Bk L tng RF 1/4, rec L tng LF to fc prtnr, sd R/cl L, sd R ;

5-8 CHASE;;;
5-8 {Chase} Fwd L comm RF turn 1/2, rec fwd R, fwd L/cl R, fwd L;
   Fwd R comm LF turn 1/2, rec fwd L, fwd R/cl L, fwd R ; Chk Fwd L, rec R, bk L/cl R, bk L ;
   Chk Bk R, rec L, fwd R/cl L, fwd R ; (Chk Bk R, rec L, fwd R/cl L, fwd R ; Fwd L comm RF turn 1/2,
   rec fwd R, fwd L/cl R, fwd L ; Fwd R comm LF turn 1/2, rec fwd L, fwd R/cl L, fwd R ;
   Chk Fwd L, rec R, bk L/cl R, bk L ;)
PART B.

1-4 TRAVELING DOOR 2X;; CUCARACHA 2X;;
    1-2  {Trav Doors}  Sd L checking, rec R, XLIF/sd R, XLIF ;  Sd R checking, rec L, XRIF/sd L, XRIF ;
    3-4  {Cucarachas}  Sd L with partial wt, rec R, cl L/ip R, ip L ;  Sd R with partial wt, rec L, cl R/ip L, ip R ;

5-8 OPEN BREAK; SPOT TURN; SHOULDER TO SHOULDER 2X;;
    5   {Op Break}  With ld hands joined Rk apart L ext rt arm out palm down, rec R lowering arm, sd L/cl R, sd L ;
    6   {Spot Turn}  Swiveling on left ft fwd R twd LOD trng 1/2 LF, rec L turning 1/4 LF to fc prtnr, sd R/cl L, sd R ;
    7-8  {Shldr To Shldr 2X}  Blending to BFLY-SCAR pos chk Fwd L twd DRW, rec R to fc Wall, sd L/cl R, sd L ;
         Blending to BFLY-BJO pos chk Fwd R twd DLW, rec L to fc Wall, sd R/cl L, sd R ;

PART A.

1-8 NEW YORKER; UA TURN; HAND TO HAND 2X;; CHASE;;;;

PART B.

1-8 TRAVELING DOOR 2X;; CUCARACHA 2X;; OPEN BREAK; SPOT TURN;
    SHOULDER TO SHOULDER 2X;;

PART C.

1-4 ALEMANA;; LARIAT;;
    1-4  {Alemana to a Lariat}  Repeat Intro meas 5-8;;;;

5-8 BREAK BACK TO OPEN & CHA; WALK 2 & CHA; SLIDING DOOR 2X;;
    5   {Brk to Open}  Swiveling LF on rt ft Bk L trng LF to Op pos-LOD, rec R, twd LOD fwd L/cl R, fwd L ;
    6   {Walk 2}  Fwd R, fwd L, fwd R/cl L, fwd R ;  Option: 2 Swivel-walks may be used on counts 1&2.
    7-8  {Sliding Doors}  Rock apart L away from prtnr, rec R, passing behind W XLIF/sd R, XLIF to LOD ;
         Rock apart R away from prtnr, rec L, passing behind W XRIF/sd L, XRIF to Open pos LOD ;

9-10 CIRCLE AWAY & TOGETHER WITH CHAS;;
    9-10  {Circle Cha}  Fwd L comm LF circling action away from prtnr, fwd R, fwd L/cl R, fwd L to end fc RLOD ;
         Fwd R cont LF circling action, fwd L, fwd R/cl L, fwd R to end fc prtnr & Wall ;

PART A.

1-8 NEW YORKER; UA TURN; HAND TO HAND 2X;; CHASE;;;;

PART B.

1-8 TRAVELING DOOR 2X;; CUCARACHA 2X;; OPEN BREAK; SPOT TURN;
    SHOULDER TO SHOULDER 2X;;
1-4  (Start) CHASE-DOUBLE PEEKABOO;;;  
1-4  {Chase-Dbl Peekaboo}  Fwd L trng RF 1/2 to tandem-COH (M in front), rec R, fwd L/cl R, fwd L ;  
Sd R looking over left shoulder, rec L, cl R/ip L, ip R ;  Sd L looking over rt shoulder, rec R, cl L/ip R, ip L ;  
Fwd R trng LF 1/2 to tandem-Wall (W in front), rec L, fwd R/cl L, fwd R ;  
(Chk Bk R, rec L, fwd R/cl L, fwd R ;  Sd L, rec L, cl L/ip R, ip L ;  Sd R, rec L, cl L/ip R, ip R ;  
Fwd L trng RF 1/2 to tandem-COH (W in front), rec R, fwd L/cl R, fwd L ; )

5-8  (Finish) CHASE-DOUBLE PEEKABOO;;;  
5-8  {Chase-Dbl Peekaboo}  Sd L, rec R, cl L/ip R, ip L ;  Sd R, rec L, cl R/ip L, ip R ;  
Chk Fwd L, rec R, bk L/cl R, bk L ;  Chk Bk R, rec L, fwd R/cl L, fwd R ;  
(Sd R looking over left shldr, rec L, cl R/ip L, ip R ;  Sd L looking over rt shldr, rec R, cl L/ip R, ip L ;  
Fwd R trng LF 1/2 to fc prtnr, rec L, fwd R/cl L, fwd R ;  Chk Fwd L, rec R, bk L/cl R, bk L ;)

9-12  ALEMANA;;  LARIAT;;  
9-12  {Alemana to a Lariat}  Repeat Intro meas 5-8 ;;;

13-16  CHASE;;;  
13-16  {Chase}  Repeat Part A meas 5-8 ;;;

17-21  TRAVELING DOOR 2X;;  2 CUCARACHAS;;  WRAP THE LADY IN 3 & EMBRACE;  
17-18  {Trav Doors}  Repeat Part B meas 1-2 ;;  
19-20  {Cucarachas}  Repeat Part B meas 3-4 ;;  
21  {Wrap}  Blending to BFLY-Wall Chk Fwd L, rec R leading W to turn LF, cl L in Wrap pos-Wall , -  ;  
(Chk Bk R, rec fwd L comm 1/2 LF turn, cl R in Wrap pos-Wall ; )

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Quick Cues

Cha-Cha - Phase 3+1 (Alemana)  Choreo: Jack & Sharie Kenny  Seq.: Intro-AB-AB-C-AB-Ending  SPEED: 46 in DM (+2.2%)  
Music: John Fogerty - Dédjà vu All Over Again, Track 2  Download: Amazon.com

INTRO:  WAIT 2X (LOW B’FLY-WALL);;  TIME STEPS 2X;;  ALEMANA;;  TO A LARIAT;;

PART A:  NY;  UA TURN;  HAND TO HAND 2X;;  FULL CHASE;;;;

PART B:  TRAV DOOR 2X;;  2 CUCARACHAS;;  OPEN BREAK;  SPOT TURN;  SHOULDER TO SHOULDER 2X;;

PART A:  NY;  UA TURN;  HAND TO HAND 2X;;  FULL CHASE;;;;

PART B:  TRAV DOOR 2X;;  2 CUCARACHAS;;  OPEN BREAK;  SPOT TURN;  SHOULDER TO SHOULDER 2X;;

PART C:  ALEMANA;;  TO A LARIAT;;  BREAK BACK TO OPEN & CHA;  WALK 2 & CHA;  SLIDING DOOR 2X;;  
CIRCLE AWAY & TOG w/ CHAs;;

PART A:  TO A NY;  UA TURN;  HAND TO HAND 2X;;  FULL CHASE;;;;

PART B:  TRAV DOOR 2X;;  2 CUCARACHAS;;  OPEN BREAK;  SPOT TURN;  SHOULDER TO SHOULDER 2X;;

ENDING:  CHASE-DOUBLE PEEKABOO;;;;;;  ALEMANA;;  TO A LARIAT;;  FULL CHASE;;;;;  
TRAV DOOR 2X;;  2 CUCARACHAS;;  WRAP IN 3 AND EMBRACE;

Sugar, Sugar In My Life,  Jack and Sharie Kenny,  March 25, 2016