

SUGAR

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Sugar by Peggy Lee

Foxtrot, Phase VI

INTRO, A, B, C, B MOD, ENDING Speed: 45 Footwork: Opposite Unless Noted

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INTRO

1-2 WAIT; SD DRAW;

- 1-2 {Wait} Wait 1 meas in CP DC trail ft free; {Sd Draw} Sd R swing

S- L sd of body fwd,-, draw L to R,-;

PART A

1-4 TELEMARK SEMI; NATURAL WEAVE WITH CURVED FEATH ENDING;; QK BK FEATH FINISH CHECKED;

SQQ 1-2 {Telemark Semi} Fwd L comm LF trn,-, sd R cont trn, sd & fwd
SQQ L SCP DW (W bk R,-, cl L to R heel trn, sd & fwd R); {Natural
Weave} Fwd R start RF trn,-, sd L with L sd stretch ¼ RF trn, R
sd lead bk R DC prepare to lead W to BJO (W fwd L,-,fwd R
btwn his feet trn body RF, fwd L DC);

QQQQ 3-4 {With Curved Feath Ending} With R sd stretch bk L in CBMP,
QQQQ bk R start LF trn passing thru CP, with L sd stretch sd & fwd L
prepare to step outside ptr trn 3/8 btwn 5 & 6 body trns less, L sd
stretch fwd R in CBMP outside ptr curve RF to BJO DRW(W
fwd R, fwd L start LF trn thru CP, sd & bk R 1/8 trn btwn 5 & 6,
trning RF R sd stretch bk L) checking; {Qk Bk Feath Fin
Checked} Bk L, with LF trn bk R cont LF trn, sd & fwd L DC,
fwd R in BJO DC checked;

5-8 IMP SEMI DW; INTERRUPTED CONTINUOUS HOVER CROSS;;

SQQ 5 {Imp to Semi DW} Bk L,-, cl R to L heel trn, fwd L in SCP DW
(W fwd R,-, fwd L arnd M trn RF, fwd R in SCP);

SQQ 6-8 {Interrupted Cont Hover Cross} Fwd R comm RF trn,-, fwd &
QQQQ sd L arnd W (W heel trn), cont RF trn so that body faces DC but
QQQQ stepping sd R w/ ft pointing almost to DW; Ck fwd L sm stp high
on toes in SCAR, rec bk R, fwd L on toes in SCAR trng body RF,
close R to L cont RF body trn to fc DW; Bk L DRC in BJO, bk R
blending briefly to CP, sd & slightly fwd L DC, fwd R DC in
contra BJO (W fwd L,-, fwd R btween his ft start RF trn, cont RF
trn then stp sd & slightly bk L; Bk R high on toes in SCAR, rec L,
bk R still in SCAR, allow L to brush past R then stp sd L; Fwd R
in BJO, fwd L blend to CP, sd & slight bk R, bk L in BJO);

9-12 REV WAVE;; SYNCO BK FEATH TO HINGE;;

SQQ 9-10 {Rev Wave} Fwd L start LF body trn,-, sd R fc DRC, bk L (W bk
SQQ R,-, cl L to R heel trn, fwd R); bk R start LF trn,-, cont LF trn bk

- L fc RLOD, bk R in CP;
- SQ&Q 11-12 **{Synco Bk Feath}** Bk L,-, bk R/ bk L to BJO, bk R blending to CP; **{Hinge}** Bk L trning LF staying high,-, lower in L knee with body wgt fwd to force W to take a step (W fwd R trn LF,-, bk L under body in a hinge line),-;
- 13-16 **LADY EROS TO SAME FT LUNGE LINE; DBL REVERSE EXIT; HOVER; FEATHER;**
- S 13-14 **{Lady Eros to Same Ft Lunge Line}** Rise in L leg trn body to the wall (W recov fwd on R lift L ft bk in eros line trns to fc M),-, cl R to L & lower (W pt L thru & lower) into same ft lunge line,-; **{Dbl Rev Exit}** On & ct trn the body LF to put the W on her L ft/ fwd L, fwd & sd R arnd W, spin on R to fc DW,- (W fwd L picking up/ bk R trning LF, cl L to R heel trn, fwd R arnd M, XLIF of R);
- SQQ 15-16 **{Hover}** Fwd L to CP,-, fwd & sd R rising to ball of ft, recov L to SCP DC; **{Feath}** Fwd R,-, fwd L, fwd R DC BJO (W fwd L,-, fwd & sd R trn LF, bk L in BJO);

PART B

- 1-4 **TELEMARK SEMI; OPEN NAT; OUTSIDE SPIN OVERTURNED; RUDOLPH & SLIP;**
- SQQ 1-2 **{Telemark Semi}** Fwd L comm LF trn,-, sd R cont trn, sd & fwd L SCP DW (W bk R,-, cl L to R heel trn, sd & fwd R); **{Open Nat}** Fwd R start RF trn,-, sd & fwd L trn RF to CP, sd & slgt bk on R to BJO DRC (W fwd L,-, fwd R, fwd L);
- SQQ 3-4 **{Outside Spin Overtrned}** Prepare W to step outside by trning body RF bring L ft bk while trn 3/8 to R,-, fwd R in BJO cont RF trn, bk L cont trn RF to end almost fc LOD (W start RF body trn fwd R in BJO,-, cl L to R for toe pivot, fwd R in CP cont trn RF pivot); **{Rudolph & Slip}** Fwd R btwn W's ft start RF pivot but stop action by flexing R knee while keeping L ft bk cont body trn allow L sd to remain twd W,-, bk L under body with rise, bk R cont LF trn (W bk L trn RF to SCP allow R leg to ronde CW keep R sd twd ptr XRIB of L at end of ronde,-, bk R start a LF pivot on ball of R ft, fwd L slip cont LF trn plcing L ft near M's R);
- 5-8 **CLOSED TELEMARK; CROSS PIVOT TO SCAR; ZIG ZAG TO CLOSED; TRAVELING CONTRA CHECK;**
- SQQ 5-6 **{Closed Telemark}** Fwd L,-, fwd & sd R trn LF arnd the W, fwd L in BJO DW (W bk R,-, cl L to R for heel trn, bk R in BJO); **{Cross Pivot to SCAR}** Fwd R start RF trn,-, sd & fwd L cont RF trn, fwd R in SCAR DC (W bk R with RF trn,-, fwd L in btwn M's ft cont RF trn, bk L in SCAR);
- QQQQ 7-8 **{Zig Zag}** Fwd L trn LF, sd R cont LF trn, bk L trn RF allow W to pass to R sd, sd R cont RF trn to CP DC; **{Traveling Contra Check}** Fwd L XIF of R twd LOD like a contra chk,-,trning RF cl

R to L cont RF trn & rise, fwd L in SCP DW;

- 9-12 WHIPLASH TO BJO; BK WHISK; NATURAL HOVER CROSS;;**
- S- 9-10 {Whiplash} Thru R sharply trn W LF, pt L ft fwd as slowly
SQQ stretch the L sd to create a line in BJO pos,-,-; {Bk Whisk} Bk L,-
, bk R as trn W to SCP with RF body trn, XLIB of R in SCP (W
fwd R,-, fwd L trning RF to SCP, XRIB of L in SCP);
- SQQ 11-12 {Nat Hover Cross} Fwd R start RF trn,-, sd L with L sd stretch
QQQQ trn ¼ RF btwn 1 and 2, cont RF trn ½ between 2 and 3 body trns
less sd R fcng DC; with R sd stretch fwd L in SCAR on toe,
recov R with slight L sd lead, sd & fwd L trn RF, fwd R BJO DC
(W fwd L,-, fwd R btwn his ft start RF trn, cont RF trn sd & bk L;
bk R in SCAR, recov L, sd & bk R, bk L BJO);
- 13-16 REVERSE FALLAWAY & SLIP; TRN IN & RIGHT CHASSE; BK ZIG
ZAG 4; HESITATION CHG TRANS TO SKATERS;**
- QQQQ 13-14 {Rev Fallaway & Slip} Fwd L start LF trn, sd R cont LF trn, bk
SQ&Q L in fallaway pos, bk R slip pivot LF to fc DW CP (W bk R, sd &
bk L, bk R trn LF, cont LF trn slip L fwd to CP); {Trn In & Rt
Chasse} Trn LF to step fwd L trn LF to DC,-, sd R/cl L, sd R
with trn LF to fc DRC;
- QQQQ 15-16 {Bk Zig Zag 4} XLIB of R in BJO trn RF, sd R cont RF trn,
SQ- XLIF of R to SCAR trn LF, sd R cont RF trn to BJO fc DRC;
(WSQQ) {Hesitation Chg Trans to Skaters} Bk L trn RF,-, sd R cont LF
trn, draw L to R in skaters DC (W fwd R trn RF,-, fwd L cont RF
trn to shadow, sd R to skaters DC);

PART C

- 1-4 SHADOW REVERSE TRN;; SHADOW THREE STEP; SHADOW NAT
TRN;**
- SQQ 1-2 {Shadow Rev Trn} Same ft work fwd L trn LF,-, sd R cont LF
SQQ trn, bk L in shadow fc DRC; Trn LF bk R,-, sd & fwd L cont LF
trn, fwd R in shadow DW;
- SQQ 3-4 {Shadow 3-Step} Both fwd L,-, fwd R heel lead, fwd L;
SQQ {Shadow Nat Trn} Fwd R trn RF,-, sd & fwd L trn RF to fc
RLOD, bk R in shadow;
- 5-8 FC DIAG WALL; ADV SHADOW GRAPEVINE; SWITCHING GRAPE
VINE;;**
- SQQ 5-6 {Fin Shadow Nat Trn} Trn RF bk L cont RF trn,-, cont RF trn sd
QQQQ & fwd R, fwd L in shadow DW; {Adv Shadow Grapevine} Fwd
R trn RF to fc wall, sd L small step W ends on M's L sd catch her
with M's L hand at her waist, XRIB of L trn LF, sd L big step W
ends on M's R side catch her with R hnd at her waist and join L
hnds (W fwd R, sd L, XRIB of L, sd L) feels like tossing W bk
and forth between L and R hnd;
- QQQQ 7-8 {Switching Grape Vine} XRIF of L, recov L, rk sd R, recov L to
QQQQ LOP fc wall (W fwd R, fwd L start LF roll ½, bk R cont LF roll

to fc wall, sd L fc wall); Both XRIF of L, sd L, XRIB of L, sd L;
**9-12 CROSS CHK IN 4; FRONT LIMP 4; RK RECOV PASS TRANS; MAN
 RK TO FEATH FIN;**

QQQQ 9-10 {**Cross Chk in 4**} Same ft work XRIF of L, recov L, sd R, XLIF of R; {**Front Limp 4**} Sd R/ XLIF of R,-, sd R/ XLIF of R,-;
 &S&S
 QQQQ 11-12 {**Rk Recov Pass Trans**} Rk sd R, recov L trn LF twd LOD, fwd R as pass behind the W and loop lead hnds over her head, fwd & sd L trn slgt RF to fc ptr & wall (W rk sd R, recov L, sd R trn LF under lead hnds to fc ptr & LOD,-); {**Man Rk to Feath Fin**} Rk sd R start LF trn,-, sd & fwd L blending to BJO pos DW, fwd R in BJO DW (W fwd L trn LF,-, sd & bk R, bk L in BJO);

13-16 HOVER TELEMAR; HE FWD LILT 4 SHE VINE; NATURAL PIVOT TO SEMI; CHAIR & SLIP;

SQQ 13-14 {**Hover Telemark**} Fwd L to CP,-, fwd & sd R rising to ball of ft trn 1/8 RF, fwd L to SCP LOD; {**He Lilt 4 She Vine**} Fwd R slightly down,-/ fwd L slightly up, fwd R slightly down,-/ fwd L slightly up (W XLIF of R trn LF slightly down,-/sd & bk R slightly up, XLIB of R trn RF slightly down,-/ fwd R slightly up in SCP LOD);

QQQQ 15-16 {**Nat Pivot to Semi**} Fwd R start RF trn to XIF of W, sd & bk L pivot 1/2 RF fc LOD, fwd R cont RF pivot to SCP LOD, fwd L in SCP (W fwd L, fwd R pivot 1/2 RF, bk L pivot RF to SCP, fwd R in SCP); {**Chair & Slip**} Lunge thru R,-, recov L, slip R ft under body to trn LF to CP DC (W lunge thru L,-, recov R, rise on R to trn LF & slip fwd L into CP);

1-16 REPEAT PART B MEAS 1-15;,,,,,,,,,,,,,; HESITATION CHG;

SQ- 1-16 {**Repeat Meas 1-15 part B**};,,,,,,,,,,,,,;{**Hesitation Chg**} Bk L trn RF,-, sd R cont LF trn, draw L to R to CP DC;

ENDING

1-4 TELEMAR TO SEMI; LADY ROLL ACROSS TRANS TO LOP; FWD TO SYNCO VINE LADY RK TRANS TO EXPLODE APT;;

SQQ 1-2 {**Telemark Semi**} Fwd L comm LF trn,-, sd R cont trn, sd & fwd L SCP DW (W bk R,-, cl L to R heel trn, sd & fwd R); {**Lady Roll Across Trans to LOP**} Cross check XRIF of L, recov L, rk sd R, recov L to LOP wall (W roll across fwd L trn LF 1/2,-, bk R cont LF trn to fc wall in LOP, sd L);

S&Q&Q& 3-4 {**Fwd to Synco Vine Lady Rk Trans to Explode Apt**} XRIF of L,-/sd L, XRIB of L/ sd L, XRIF of L/ sd L (W rk sd L); XRIB of L (W recov R)/ small sd & fwd L & tch R to L lower in L knee to tch trail hnds & look at ptr, lunge apt R with trail arm sweep up and out looking away from ptr & twd the wall (W tch L to R as fc M, lunge apt L with trail arm sweep up and out looking away from ptr & twd the wall) ,,-;

