

Sugar

Count: 32

Wall: 4

Level: High Improver

Choreographer: Jake Downing (USA) - August 2026

Music: Sugar (feat. Wynter) - Flo Rida



Dance begins 40 counts (18 seconds) in: (on lyrics: "My lips like sugar...")

Restarts: 0; Tags: 0

[1-8] Cross, Side, Sailor Heel RF, Ball Crossing Shuffle (LRL), Side Rock Cross

- 1,2 Cross RF over LF (1), Step LF to L side (2)
- 3&4 Step RF behind LF (3), Step LF to L side (&), Touch R heel to R diagonal (4)
- &5&6 Step ball of RF next to LF (&), Cross LF over RF (5), Step RF to R side (&), Cross LF over RF (6)
- 7&8 Rock RF to R side (7), Recover weight to LF (&), Cross RF over LF (8)

[9-16] ½ Hinge Turn Right, Crossing Shuffle (LRL), Side Rock Cross (R-L)

- 1,2 Turn ¼ R stepping LF back (1), Turn ¼ R stepping RF to R side (2) (6:00)
- 3&4 Cross LF over RF (3), Step RF to R side (&), Cross LF over RF (4)
- 5&6 Rock RF to R side (5), Recover weight to LF (&), Cross RF over LF (6)
- 7&8 Rock LF to L side (7), Recover weight to RF (&), Cross LF over RF (8)

[17-24] Heel Grind ¼ Turn R, Coaster Step RF, Heel Grind ¼ Turn L, Coaster Step LF

- 1,2 Touch R heel forward with toes pointed inwards (1), Grind R heel making ¼ turn R (keeping weight back on LF) (2) (9:00)
- 3&4 Step RF back (3), Step LF next to RF (&), Step RF forward (4)
- 5,6 Touch L heel forward with toes pointed inwards (5), Grind L heel making ¼ turn L (keeping weight back on RF) (6) (6:00)
- 7&8 Step LF back (7), Step RF next to LF (&), Step LF forward (8)

[25-32] Wizard RF, Wizard LF, Heel Switches, ¼ Pivot Turn Left

- 1,2& Step RF forward to R diagonal (1), Step LF behind RF (2), Step RF forward to R diagonal (&)
- 3,4& Step LF forward to L diagonal (3), Step RF behind LF (4), Step LF forward to L diagonal (&)
- 5&6& Touch R heel to R diagonal (5), Step RF next to LF (&), Touch L heel to L diagonal (6), Step LF next to RF (&)
- 7,8 Step RF forward (7), Pivot ¼ Turn over L shoulder (8) (3:00)

No Tags or Restarts. Dance goes in Clockwise direction. Enjoy!!

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