



SUGAR & SPICE

Choreographed by
Jo Kinser, Roy Verdonk & Jef Camps (March '24)

Choreographed to
"Milky Way" by Duguneh, Abi F Jones & Jay Fonesca



Intro: 16 counts

32 COUNTS – IMPROVER LEVEL – 4 WALL

Section 1 1-2 3&4 5-6 7&8	Skate, Skate, Shuffle, Skate, Skate, Shuffle RF skate forward, LF skate forward RF step forward into R diagonal, LF close next to RF, RF step forward LF skate forward, RF skate forward LF step forward into L diagonal, RF close next to LF, LF step forward	12:00
Section 2 1-2 3-4 5-6 7&8	Jazz Box Cross, Side Rock, ¼ Recover, ¼ Chasse RF cross over LF, LF step back RF step side, LF cross over RF RF rock side, ¼ turn L & put weight on LF ¼ turn L & RF step side, LF close next to RF, RF step side	9:00 6:00
Section 3 1-2 3&4 5-6 7&8	Behind, Side, Cross Samba, Cross, ¼ Back, Back Pony Step LF cross behind RF, RF step side LF cross over RF, RF rock side, recover on LF RF cross over LF, ¼ turn R & LF step back RF step back hitching L-knee, LF close next to RF, RF step back hitching L-knee	9:00
Section 4 1-2 3&4 5-6 &7-8	Rock Back/Recover, Shuffle ½ Turn, Back, Drag, Ball, Walk R-L LF rock back, recover on RF ¼ turn R & LF step side, RF close next to LF, ¼ turn R & LF step back RF large step back, drag LF towards RF LF close on ball next to RF, RF step forward, LF step forward	3:00
EXTRA'S		
Restart: 1-2-3-4	In wall 5 dance up to count 12 and add following steps before restarting the dance RF step side & sway R, sway L, sway R, sway L (wave your arms)	12:00

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