

Sugar Rush

Easy
96 BPM
3:03

Music: A*Teens, CD: "Teen Spirit"
Choreo: Sabine Jacob, Wilhelmshaven
Adapted by: Daphne Dahl (daphne.dahl@googlemail.com)
Taught at: 8th Country- & Western-Dance in Abbensen (02.-04.02.2007)

wait 16 beats

Sequence: **A B C Br A B C D B C D Ending**

Part A:

Vine Loop DS DS(xif) DS LOOP S **turn 1/2 R on beat 3-4**
L R L R R
&1 &2 &3 & 4

Triple DS DS DS RS
L R L RL

Triple Brush DS DS DS BR UP/H **move forward**
R R L R L L R

2 Basic DS RS **move back**
L & R L RL

Repeat all above as written to face front again.

Part B:

2 Push Turn DS RS RS RS **full turn L & R**
L & R L RL RL RL

Cowboy DS DS DS BR UP/H DS(xif) RS RS RS
L R L R R L R LR LR LR

Part C:

Samantha DS DS(xif) DR S(ib) DR S(ib) RS DS DS RS
L R R L L R LR L R LR
&1 &2 & 3 & 4 &5 &6 &7 &8

Vine 8 DS DS(xif) DS DS(xib) DS DS(xif) DS RS
L R L R L R L RL

Repeat all above (opposite footwork & direction).

Break:

2 Basic Kick DS KK UP/H
L & R L R R L

Part D:

Sugar DS DS RS RS KK(xif) HL KK(ux) HL RS RS **turn 1/4 R on DS-DS**
L R LR LR L R L R LR LR
&1 &2 &3 &4 & 5 & 6 &7 &8

Repeat Sugar 3 times as written to face all 4 walls.

Ending:

Step & Turn S(xif) and full turn R
L
