

SUGAR

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Sugar by Peggy Lee CD: Love Songs, Track 9
Foxtrot, Phase VI Released: 3/15/13 Download: Rhapsody \$.99
INTRO, A, B, C, B MOD, ENDING Speed: 45 Footwork: Opposite Unless Noted

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 | <u>TELEMARK SEMI; NATURAL WEAVE WITH CURVED FEATH ENDING;; QK BK FEATH FINISH CHECKED;</u> | |
| 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); {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); |
| SQQ | 3-4 | {With Curved Feath Ending} With R sd streh bk L in CBMP, 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 | <u>IMP SEMI DW; INTERRUPTED CONTINUOUS HOVER CROSS;;</u> | |
| 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 | {Interruped Cont Hover Cross} Fwd R comm RF trn,-, fwd & sd L arnd W (W heel trn), cont RF trn so that body faces DC but 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 | <u>REV WAVE;; SYNCO BK FEATH TO HINGE;;</u> | |
| SQQ | 9-10 | {Rev Wave} Fwd L start LF body trn,-, sd R fc DRC, bk L (W bk R,-, cl L to R heel trn, fwd R); bk R start LF trn,-, cont LF trn bk |
| SQQ | | |

SQ&Q S- (W SS)	11-12	L fc RLOD, bk R in CP; {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	<u>LADY EROS TO SAME FT LUNGE LINE; DBL REVERSE EXIT; HOVER; FEATHER:</u>	
--S (WS--)	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, XLI of R);
QQ- (W&QQQ Q)		
SQQ 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	<u>TELEMARK SEMI; OPEN NAT; OUTSIDE SPIN OVERTURNED; RUDOLPH & SLIP:</u>	
SQQ 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 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 XRIIB 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	<u>CLOSED TELEMARK; CROSS PIVOT TO SCAR; ZIG ZAG TO CLOSED; TRAVELING CONTRA CHECK:</u>	
SQQ 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 SQQ	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		<u>WHIPLASH TO BJO; BK WHISK; NATURAL HOVER CROSS;;</u>
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		<u>REVERSE FALLAWAY & SLIP; TRN IN & RIGHT CHASSE; BK ZIG ZAG 4; HESITATION CHG TRANS TO SKATERS;</u>
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-		XLIB 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		<u>SHADOW REVERSE TRN;; SHADOW THREE STEP; SHADOW NAT TRN;</u>
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		<u>FC DIAG WALL; ADV SHADOW GRAPEVINE; SWITCHING GRAPE VINE;;</u>
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, XRB 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);
 (WQQS)
 SQQ
- 13-16 HOVER TELEMARK; HE FWD LILT 4 SHE VINE; NATURAL PIVOT TO SEMI; CHAIR & SLIP:**
- SQ 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);
 S&S&
- QQQQ 15-16 {**Nat Pivot to Semi**} Fwd R start RF trn to XIF of W, sd & bk L pivot ½ RF fc LOD, fwd R cont RF pivot to SCP LOD, fwd L in SCP (W fwd L, fwd R pivot ½ 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);
 SQQ
- 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 TELEMARK TO SEMI; LADY ROLL ACROSS TRANS TO LOP; FWD TO SYNC VINE LADY RK TRANS TO EXPLODE APT;:**
- SQ 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 ½,-, bk R cont LF trn to fc wall in LOP, sd L);
 QQQQ (WSQQ)
- S&Q&Q& 3-4 {**Fwd to Synco Vine Lady Rk Trans to Explode Apt**} XRIF of L,-/sd L, XRB of L/ sd L, XRIF of L/ sd L (W rk sd L); XRB 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) ,,-;
- Q&S-

