

# SUGAR TOWN

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Music: “Sugar Town” by Nancy Sinatra

Recommended Speed: 47 rpm

**Rhythm: Phase V+1 Foxtrot**

**Sequence: INTRO, A, B, C, A, B, END**

**Plus Figures: Same Foot Lunge**

## INTRO

**1 – 4 WAIT;; LUNGE APART & HOLD; LADY ROLL IN;**

1-2 [WAIT] Wait 2 meas in OP facing DLW (W facing DRC), Both hands joined, lead feet free;;

3-4 [LUNGE APART & HOLD] Lunge apart L (W apart R) & explode arms,-,-,-;

[LADY ROLL IN] ] Recover on R,-, touch L to R,- (W fwd L commence LF trn, sd & bk R, cont LF trn fwd L,-) end in CP fc LOD;

## PART A

**1 - 2 FORWARD, RUN TWO; FORWARD, RUN TWO;**

1 [FORWARD, RUN TWO] Fwd L, -, fwd R, fwd L CP DLW;

2 [FORWARD, RUN TWO] Fwd R, -, fwd L, fwd R CP DLC;

**3 – 4 TELEMARK TO HALF OPEN; START OPEN IN & OUT RUNS;**

3 [TELEMARK TO HALF OPEN] Fwd L commence LF turn,-,sd R continue LF turn, fwd L (W bk R commence LF turn bring left beside right no weight,-, turn lf on right heel [heel turn] and change weight to L,sd & slightly forward R) to half open position fc DLW;

4 [START OPEN IN & OUT RUNS] Fwd R trn RF (W fwd L),-,sd & bk L to CP (W fwd R between M's feet), sd & fwd R continue RF trn (W fwd L) to Left Half Open Position,

**5 – 6 FINISH OPEN IN & OUT RUNS; LADY INSIDE ROLL TO BFLY;**

5 [FINISH OPEN IN & OUT RUNS] Fwd L (W fwd R trn RF),-, fwd R between W's feet (W sd & bk L), fwd L (W sd & fwd R continue RF trn) to half open position fc LOD;

6 [LADY INSIDE ROLL TO BFLY] Fwd R (W fwd L),-,fwd L leading W to left trn under joined lead hands (W fwd R trn LF), close R (W sd & bk L to face ptr) end in low BFLY Man facing ptr & LOD;

**7 – 8 LUNGE APART & HOLD; REVERSE UNDERARM TURN MAN FACE RLOD;**

7 [LUNGE APART & HOLD] Bk L (W bk R) lunging apart,-,-,- end in low BFLY both hands joined;

8 [REVERSE UNDERARM TURN MAN FACE RLOD]

Fwd R leading W into LF trn (W fwd L),-, fwd L trn RF (W sd & fwd R cont. LF trn under joined lead hands), fwd R cont. RF trn (W bk L to fc ptr) end in CP fc RLOD;

**9 – 10 PIVOT THREE TO PREPARATION; SAME FOOT LUNGE ;**

9 [PIVOT THREE TO PREPARATION] Sd & fwd L (W sd & fwd R), sd & fwd R (W sd & fwd L), sd & fwd L (W sd & fwd R) M fc COH, M hold (W close L & trn to fc RLOD );

10 [SAME FOOT LUNGE] Sd & fwd R with right side stretch looking right (W bk R well under body looking to left,-,-,-; (Note: Open Same Foot Lunge with arms extended is optional)

**11 RECOVER, LEFT PIVOT 2 ;**

11 [RECOVER, LEFT PIVOT 2] M hold (W recover on L turning to face M),-,fwd L trn LF (W sd R trn LF),-,fwd & sd R (W sd L) cont. trn to CP fc LOD;

## PART B

### **1 – 4 REVERSE TURN;; TELEMARK TO SCP; STEP KICK, STEP KICK;**

- 1-2 [REVERSE TURN] Fwd L,-, fwd R with LF trn, bk L (W bk R,-, cl L to R heel trn, fwd R) to CP fc RLOD; Bk R,-, cont. LF trn sd L, fwd R (W fwd L,-, sd & fwd R trn LF, bk L) to contra BJO fc DLW;
- 3 [TELEMARK TO SCP] Fwd L trn LF,-, fwd & sd R cont. LF trn, fwd L (W bk R,-, heel trn on R cl L, fwd R) to SCP fc LOD;
- 4 [STEP KICK STEP KICK] Fwd R, kick L fwd, fwd L, kick R fwd (W fwd L, kick R fwd, fwd R, kick L fwd);

### **5 – 8 WHEEL 4; FORWARD & SEMI CHASSE ; FORWARD & SEMI CHASSE; SLOW CHAIR ;**

- 5 [WHEEL 4] Fwd R, fwd L, fwd R, fwd L (W bk L, bk R, bk L, bk R) maintain SCP entire turn to fc LOD;
- 6 [FORWARD & SEMI CHASSE] In SCP fc LOD fwd R,-,fwd L/cl R, fwd L (W fwd L,-,fwd R/cl L, fwd R);
- 7 [FORWARD & SEMI CHASSE] ] Repeat measure 6 of Part B;
- 8 [SLOW CHAIR] Fwd R (W fwd L) soft knee ck,-,hold & extend,-;

### **9 – 10 RECOVER, ROLL 3 TO FACE; SIDE, DRAW, CLOSE LADY TOUCH;**

- 9 [RECOVER, ROLL 3 TO FACE] Bk L,-, sd R, fwd L, sd & fwd R (W bk R,-, sd L, fwd R, sd & fwd L) to fc ptr & wall;
- 10 [SIDE, DRAW, CLOSE LADY TOUCH] Sd L,-,draw R to L, close R (W sd R,-,draw L to R,-);

### **11 LADY UNDERARM ROLL BOTH FACE COH;**

- 11 [LADY UNDERARM ROLL BOTH FACE COH] Fwd L,-, fwd & sd R trn RF, fwd L leading W to LF underarm roll (W sd L trn LF,-, sd R cont. LF trn, side L) end both fc COH in LOP;

## PART C

### **1 – 2 FRONT VINE 3 & POINT; FRONT VINE 3 & POINT;**

- 1 [FRONT VINE 3 & POINT] Same footwork. Cross R in front, sd L, cross R in back, pt L to side;
- 2 [FRONT VINE 3 & POINT] Cross L in front, sd R, cross L in back, pt R to side;

### **3 – 6 SAILOR SHUFFLES 4;; CHANGE POINT TWICE; MAN CLOSE LADY HOLD;**

- 3-4 [SAILOR SHUFFLES 4] XRIB, sd L, sd R,-, XLIB, sd R, Sd L,-; XRIB, sd L, sd R,-, XLIB, sd R, Sd L,-;
- 5 [CHANGE POINT TWICE] Close R pt L to sd,-, close L pt R to side,-;
- 6 [MAN CLOSE LADY HOLD] Trn ¼ to fc ptr shift weight to R (W trn ¼ to fc ptr no weight change),-,-;

### **7 – 8 BOTH ROLL ACROSS; MAN TOUCH, LADY ROLL IN TO CP;**

- 7 [BOTH ROLL ACROSS] Fwd L trn LF, sd & fwd R cont. LF trn, bk & sd L,- (W fwd R commence RF trn in front of M, sd L cont RF trn, bk R,-) end in OP fc prt & COH M's R & W's L hands joined;
- 8 [MAN TOUCH, LADY ROLL IN TO CP] Recover on R,-, touch L to R,- (W fwd L commence LF trn,-, sd & fwd R, cont LF trn fwd L) end in CP fc LOD;

## REPEAT PART A

## REPEAT PART B

## END

### **1 – 2 FRONT VINE 3 & POINT; FRONT VINE 3 & POINT;**

Repeat Measures 1-2 of Part C

### **3 – 6 SAILOR SHUFFLES 4;; CHANGE POINT TWICE; MAN CLOSE LADY HOLD;**

Repeat Measures 3-6 of Part C

### **7 BOTH ROLL ACROSS & EXTEND ;**

- 7 [BOTH ROLL ACROSS & EXTEND] Fwd L trn LF, sd & fwd R cont. LF trn, bk & sd L,- (W fwd R commence RF trn in front of M, fwd L cont RF trn, sd & bk R,-) end in OP fc prt & COH M's R & W's L hands joined free arms extended;