

SUGAR, SUGAR IN MY LIFE

Rhythm/Phase: Cha-Cha, Phase III+1 (Alemana)
Choreographers: Jack and Sharie Kenny, 2620 Crestmoor Ct. Arlington, TX 76016
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Release Date: March 25, 2016
Music: "Sugar, Sugar In My Life" by John Fogerty
Album: Déjà vu All Over Again, Track 2
Download: Amazon.com
Time/Speed: Downloaded file: 3:30
Speed: Play at 46 in DM (about +2.2%) or to suit.
Footwork: Opposite throughout (*Lady as noted in parentheses*)
Timing: 1,2,3&4 unless otherwise noted, reflects actual weight changes.
Degree of Difficulty: Easy
Sequence: INTRO, A, B, A, B, C, A, B, ENDING

INTRODUCTION

1-4 WAIT 2X;; TIME STEPS;;

- 1-2 {Wait} With M fc prtnr & Wall no hands joined and lead ft free for both Wait 2 measures ; ;
3-4 {Time Steps} XLIB (*Lady XRIB*) staying parallel to prtnr, rec R, sd L/cl R, sd L ;
XRIB (*Lady XLIB*) staying parallel to prtnr, rec L, sd R/cl L, sd R ;

5-8 ALEMANA;; LARIAT;;

- 5-6 {Alemana} Chk fwd L, rec R, bk L/cl R, sm bk L with lead arms raised & palms touching ;
Chk bk R, rec L, cl R/ip L, ip R ; (*Chk bk R, rec L, fwd R/cl L, fwd R to fc M's left sd ;*
(*Fwd L twd M's left sd trng RF to fc Wall, fwd R trng RF to fc prtnr, sd & fwd L/cl R, fwd & sd L ;*)
7-8 {Lariat} Sm sd L, rec R, cl L/ip R, ip L ; Sm sd R, rec L, cl R/ip L, ip R ;
(*Circling M clockwise under joined lead hands fwd R, fwd L, fwd R/cl L, fwd R ;*
cont circling fwd L, fwd R, fwd L/cl R, sd L to fc prtnr ;)

PART A.

1-4 NEW YORKER; UA TURN; HAND TO HAND 2X;;

- 1 {NY} Trng RF to fc RLOD with ld hands joined chk thru L with straight leg, rec R to fc prtnr, sd L/cl R, sd L ;
2 {UA Turn} Bk R leading W to turn RF under joined lead hands, rec L, sd R/cl L, sd R ;
(*Swiveling on rt ft fwd L twd LOD trng 1/2 RF under joined lead hands, rec R turning 1/4 RF to fc prtnr,*
sd L/cl R, sd L ;)
3-4 {Hand To Hand 2X} Swiveling LF on rt ft Bk L trng LF 1/4, rec R trng RF to fc prtnr, sd L/cl R, sd L ;
Swiveling RF on left ft Bk R trng RF 1/4, rec L trng LF to fc prtnr, sd R/cl L, sd R ;

5-8 CHASE;;;;

- 5-8 {Chase} Fwd L comm RF turn 1/2, rec fwd R, fwd L/cl R, fwd L ;
Fwd R comm LF turn 1/2, rec fwd L, fwd R/cl L, fwd R ; Chk Fwd L, rec R, bk L/cl R, bk L ;
Chk Bk R, rec L, fwd R/cl L, fwd R ; (*Chk Bk R, rec L, fwd R/cl L, fwd R ; Fwd L comm RF turn 1/2,*
rec fwd R, fwd L/cl R, fwd L ; Fwd R comm LF turn 1/2, rec fwd L, fwd R/cl L, fwd R ;
Chk Fwd L, rec R, bk L/cl R, bk L ;)

PART B.

1-4 TRAVELING DOOR 2X;; CUCARACHA 2X;;

1-2 {Trav Doors} Sd L checking, rec R, XLIF/sd R, XLIF ; Sd R checking, rec L, XRIF/sd L, XRIF ;
3-4 {Cucarachas} Sd L with partial wt, rec R, cl L/ip R, ip L ; Sd R with partial wt, rec L, cl R/ip L, ip R ;

5-8 OPEN BREAK; SPOT TURN; SHOULDER TO SHOULDER 2X;;

5 {Op Break} With ld hands joined Rk apart L ext rt arm out palm down, rec R lowering arm, sd L/cl R, sd L ;
6 {Spot Turn} Swiveling on left ft fwd R twd LOD trng 1/2 LF, rec L turning 1/4 LF to fc prtnr, sd R/cl L, sd R ;
7-8 {Shldr To Shldr 2X} Blending to BFLY-SCAR pos chk Fwd L twd DRW, rec R to fc Wall, sd L/cl R, sd L ;
Blending to BFLY-BJO pos chk Fwd R twd DLW, rec L to fc Wall, sd R/cl L, sd R ;

PART A.

1-8 NEW YORKER; UA TURN; HAND TO HAND 2X;; CHASE;;;;

PART B.

1-8 TRAVELING DOOR 2X;; CUCARACHA 2X;; OPEN BREAK; SPOT TURN; SHOULDER TO SHOULDER 2X;;

PART C.

1-4 ALEMANA;; LARIAT;;

1-4 {Alemana to a Lariat} Repeat Intro meas 5-8 ;;;

5-8 BREAK BACK TO OPEN & CHA; WALK 2 & CHA; SLIDING DOOR 2X;;

5 {Brk to Open} Swiveling LF on rt ft Bk L trng LF to Op pos-LOD, rec R, twd LOD fwd L/cl R, fwd L ;
6 {Walk 2} Fwd R, fwd L, fwd R/cl L, fwd R ; Option: 2 Swivel-walks may be used on counts 1&2.
7-8 {Sliding Doors} Rock apart L away from prtnr, rec R, passing behind W XLIF/sd R, XLIF to LOP-LOD ;
Rock apart R away from prtnr, rec L, passing behind W XRIF/sd L, XRIF to Open pos LOD ;

9-10 CIRCLE AWAY & TOGETHER WITH CHAs;;

9-10 {Circle Cha} Fwd L comm LF circling action away from prtnr, fwd R, fwd L/cl R, fwd L to end fc RLOD ;
Fwd R cont LF circling action, fwd L, fwd R/cl L, fwd R to end fc prtnr & Wall ;

PART A.

1-8 NEW YORKER; UA TURN; HAND TO HAND 2X;; CHASE;;;;

PART B.

1-8 TRAVELING DOOR 2X;; CUCARACHA 2X;; OPEN BREAK; SPOT TURN; SHOULDER TO SHOULDER 2X;;

ENDING

1-4 (Start) CHASE-DOUBLE PEEKABOO;;;;

1-4 {Chase-Dbl Peekaboo} Fwd L trng RF 1/2 to tandem-COH (M in front), rec R, fwd L/cl R, fwd L ;
Sd R looking over left shoulder, rec L, cl R/ip L, ip R ; Sd L looking over rt shoulder, rec R, cl L/ip R, ip L ;
Fwd R trng LF 1/2 to tandem-Wall (W in front), rec L, fwd R/cl L, fwd R ;
(Chk Bk R, rec L, fwd R/cl L, fwd R ; Sd L, rec R, cl L/ip R, ip L ; Sd R, rec L, cl R/ip L, ip R ;
Fwd L trng RF 1/2 to tandem-COH (W in front), rec R, fwd L/cl R, fwd L ;)

5-8 (Finish) CHASE-DOUBLE PEEKABOO;;;;

5-8 {Chase-Dbl Peekaboo} Sd L, rec R, cl L/ip R, ip L ; Sd R, rec L, cl R/ip L, ip R ;
Chk Fwd L, rec R, bk L/cl R, bk L ; Chk Bk R, rec L, fwd R/cl L, fwd R ;
(Sd R looking over left shldr, rec L, cl R/ip L, ip R ; Sd L looking over rt shldr, rec R, cl L/ip R, ip L ;
Fwd R trng LF 1/2 to fc prtnr, rec L, fwd R/cl L, fwd R ; Chk Fwd L, rec R, bk L/cl R, bk L ;)

9-12 ALEMANA;; LARIAT;;

9-12 {Alemana to a Lariat} Repeat Intro meas 5-8 ;;;

13-16 CHASE;;;;

13-16 {Chase} Repeat Part A meas 5-8 ;;;

17-21 TRAVELING DOOR 2X;; 2 CUCARACHAS;; WRAP THE LADY IN 3 & EMBRACE;

17-18 {Trav Doors} Repeat Part B meas 1-2 ;;
19-20 {Cucarachas} Repeat Part B meas 3-4 ;;
21 {Wrap} Blending to BFLY-Wall Chk Fwd L, rec R leading W to turn LF, cl L in Wrap pos-Wall , - ;
(Chk Bk R, rec fwd L comm 1/2 LF turn, cl R in Wrap pos-Wall ;)

SUGAR, SUGAR IN MY LIFE

Quick Cues

Cha-Cha - Phase 3+1 (Alemana) Choreo.: Jack & Sharie Kenny Seq.: Intro-AB-AB-C-AB-Ending SPEED: 46 in DM (+2.2%)
Music: John Fogerty - Déjà vu All Over Again, Track 2 Download: Amazon.com

INTRO: WAIT 2X (LOW B'FLY-WALL);; TIME STEPS 2X;; ALEMANA;; TO A LARIAT;;

PART A: NY; UA TURN; HAND TO HAND 2X;; FULL CHASE;;;;

PART B: TRAV DOOR 2X;; 2 CUCARACHAS;; OPEN BREAK; SPOT TURN; SHOULDER TO SHOULDER 2X;;

PART A: NY; UA TURN; HAND TO HAND 2X;; FULL CHASE;;;;

PART B: TRAV DOOR 2X;; 2 CUCARACHAS;; OPEN BREAK; SPOT TURN; SHOULDER TO SHOULDER 2X;;

**PART C: ALEMANA;; TO A LARIAT;; BREAK BACK TO OPEN & CHA; WALK 2 & CHA; SLIDING DOOR 2X;;
CIRCLE AWAY & TOG w/ CHAs;;**

PART A: TO A NY; UA TURN; HAND TO HAND 2X;; FULL CHASE;;;;

PART B: TRAV DOOR 2X;; 2 CUCARACHAS;; OPEN BREAK; SPOT TURN; SHOULDER TO SHOULDER 2X;;

**ENDING: CHASE-DOUBLE PEEKABOO;;;;;; ALEMANA;; TO A LARIAT;; FULL CHASE;;;;
TRAV DOOR 2X;; 2 CUCARACHAS;; WRAP IN 3 AND EMBRACE;**