



# Sugar Rush

Choreographed by: **Trevor Thornton (Florida, USA) (February 2015)**

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**Description:** 64 Counts, 2 walls, High Intermediate level  
**Music:** "Sugar" – Maroon 5. Album: V (available on itunes) Approx 3.55mins  
**Count In:** 16 counts from start of track, dance begins on vocals. Approx 120bpm.  
**Teach:** <http://youtu.be/xXkvczkilt0>  
**Demo:** <http://youtu.be/LHKqPIGlu2g>

Section	Footwork	End Facing
<b>1 - 8</b>	<b>SLIDE BACK R, DRAG L, L BACK-SIDE-CROSS, R SIDE, HOLD, L CLOSE, R SIDE ROCK, ¼ L</b>	
1 2	Step back R (1), drag L towards R (weight remains R) (2)	12.00
& 3 4	Step back L (&), step R to right side (3), cross L over R (4)	12.00
5 6	Step R to right (5), hold (6),	12.00
& 7 8	Step L next to R (&), rock R to right side (7), make ¼ turn left as you recover weight L (8)	9.00
<i>Styling</i>	<i>On counts 5, 6 &amp; 7 – roll shoulders to right, then roll back to left for the ¼ turn</i>	
<b>9 - 16</b>	<b>SIDE POINTS R&amp;L, HOLD (BODY ROLL L), CLOSE R, SIDE L, SWIVEL R TOE-HEEL-TOE, HITCH R, FWD R</b>	
1 & 2	Touch R to right side (1), step R next to L (&), Touch L to left side (2)	9.00
3 & 4	Hold & transfer weight to L ( <i>style this by doing body roll left</i> ) (3), step R next to L (&), step L to left (4)	9.00
5 & 6	Swivel R toe in towards L (5), swivel R heel in towards L (&), swivel R toe in towards L (6)	9.00
7 8	Hitch R knee (7), step forward R (8)	9.00
<b>17 - 24</b>	<b>WALK FWD L-R, L BALL SIDE-ROCK, L CROSS, R SIDE, ¼ TURN L X 3 (BOX SQUARE)</b>	
1 2	Step forward L (1), step forward R (2)	9.00
& 3 4	Rock ball of L to left side (&), recover weight R (3), cross L over R (4)	9.00
5 6	Step R to right side (5), make ¼ turn left stepping L to left side (6)	6.00
7 8	Make ¼ turn left stepping R to right side (7), make ¼ turn left stepping L to left side (8)	12.00
<i>Styling</i>	<i>Counts 5 – 8 makes a square shape on the floor – do this smooth by sliding each foot in before taking next step.</i>	
<b>25 - 32</b>	<b>R CROSS, L POINT, L CROSS, R POINT, POINT R FWD-SIDE, R COASTER</b>	
1 2 3 4	Cross R over L (1), touch L to left side (2), cross L over R (3), touch R to right side (4)	12.00
5 6 7 & 8	Touch R forward (5), touch R to right side (6), step back R (7), step L next to R (&), step forward R (8)	12.00
<b>33 - 40</b>	<b>WALK L-R, OUT-OUT-IN, R FWD, L FWD, ¼ R, L CROSS, R TAP-PRESS R</b>	
1 2 & 3	Step forward L (1), step forward R (2), step L to left side (&) step R to right side (3),	12.00
& 4 5 6	Step L to center (&), step forward R (4), step forward L (5), make ¼ turn right (6)	3.00
7 & 8	Cross L over R (7), tap R to inside of L (&) press forward on R & angle body to right diagonal (8)	4.30
<b>41 - 48</b>	<b>HEEL TAPS X2, R KICK, R COASTER, ½ TURN R, 1/2 TURN R, HOLD, L BALL, R STEP – ON DIAGONAL</b>	
1 & 2	Tap R heel in place (lift R heel & drop down) (1), tap R heel in place (&), kick R forward (2)	4.30
3 & 4	Step back on R (3), Step together with L (&), step fwd on R (4)	4:30
5 6	½ turn to the right stepping back onto L (5), ½ turn right onto R (6)	4:30
7 & 8	Hold (7), Step L next to R (&), step fwd R (8)	4:30
<i>Styling</i>	<i>Counts &amp; 8 Body roll forward chest to feet into your fwd step with R (8)</i>	
<b>49-56</b>	<b>ROCK, RECOVER, BACK LOCK, SWEEP, ROCK/HITCH, RECOVER, 3/8 TURN SWEEP, COASTER</b>	
1 2	Rock fwd on L (1), Recover weight onto R (2)	4:30
3 & 4	Step back on L (3), Lock R over L (&), recover L while sweeping R front to back (4)	4:30

5 & 6	Rock back on R hitching L knee (5), recover L stepping fwd (&), Step back R sweeping L front to back as you turn 3/8 to L (6)	12:00
7 & 8	Step back L (7), Step R next L (&), Step fwd L (8)	12:00
<b>57-64</b>	<b>MAMBO, POINT BACK, ¼ TURN L, CROSSING SCHUFFLE, ¼ TURN LEFT, HITCH</b>	
1 & 2	Rock fwd R (1), recover onto L (&), Step back on R (2)	12:00
3 4	Point L toe back (3), ¼ turn L taking weight on L (4)	3:00
5 & 6	Cross R over L (5), Step L to L side (&), Cross R over L (6)	3:00
7 8	¼ turn L stepping L fwd (7), Hitch R knee up (8)	6:00
<i>Styling</i>	<i>3 4, point and body roll L making ¼ turn L, 5 &amp; 6 use shoulders during crossing schuffle</i>	

Revised March 11, 2015