

# Sugar Rush



**Count:** 64      **Wall:** 2      **Level:** High Intermediate  
**Choreographer:** Trevor Thornton (Florida, USA) Feb 2015  
**Music:** Sugar – Maroon 5. Album: V (iTunes) Approx 3.55 mins

**Count In: 16 counts from start of track, dance begins on vocals. Approx 120bpm.**

## [1 - 8] SLIDE BACK R, DRAG L, L BACK-SIDE-CROSS, R SIDE, HOLD, L CLOSE, R SIDE ROCK, ¼ L

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

**Styling On counts 5, 6 & 7 - roll shoulders to right, then roll back to left for the ¼ turn**

## [9 - 16] SIDE POINTS R&L, HOLD (BODY ROLL L), CLOSE R, SIDE L, SWIVEL R TOE-HEEL-TOE, HITCH R, FWD R

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 (style this by doing body roll left) (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

## [17 - 24] WALK FWD L-R, L BALL SIDE-ROCK, L CROSS, R SIDE, ¼ TURN L X 3 (BOX SQUARE)

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

**Styling Counts 5 - 8 makes a square shape on the floor - do this smooth by sliding each foot in before taking next step.**

## [25 - 32] R CROSS, L POINT, L CROSS, R POINT, POINT R FWD-SIDE, R COASTER

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

## [33 - 40] WALK L-R, OUT-OUT-IN, R FWD, L FWD, ¼ R, L CROSS, R TAP-PRESS R

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

**[41 - 48] HEEL TAPS X2, R KICK, R COASTER, ½ TURN R, 1/2 TURN R, HOLD, L BALL, R STEP - ON DIAGONAL**

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

**Styling Counts & 8 Body roll forward chest to feet into your fwd step with R (8)**

**[49-56] ROCK, RECOVER, BACK LOCK, SWEEP, ROCK/HITCH, RECOVER, 3/8 TURN SWEEP, COASTER**

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

**[57-64] MAMBO, POINT BACK, ¼ TURN L, CROSSING SCHUFFLE, ¼ TURN LEFT, HITCH**

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

**Styling 3 4, point and body roll L making ¼ turn L, 5 & 6 use shoulders during crossing schuffle**

**Revised March 11, 2015**