

# SUGAR CHA

Released: June 2017  
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Music: Sugar [Clean] Artist: Maroon 5  
Album: V [Clean], Track 5  
Available as a single download from www.amazon.com  
Time/Speed: Time @ BPM: 3:55 @ 120 [30 MPM] as downloaded - speed up or slow down to suit  
Footwork: Opposite unless indicated (Woman's footwork in parentheses)  
Rhythm/Phase: **Cha Cha Phase 5 + 1 [Advanced Hip Twist] + 2 [Ronde Cha Box, Circular Cross Body]**  
Degree of Difficulty: AVG  
Sequence: INTRO A B A C D B C END

## MEAS:

## INTRODUCTION

### 1-4 CP MAN FACING WALL LEAD FEET FREE WAIT 2 MEAS ; SWAY LEFT ; SWAY RIGHT ;

- 1-2 Wait ; Wait ;  
3 **{SWAY L}** Sd L inclining body from the ankle upward away from the R foot, -, -, - (*W Sd R inclining body from the ankle upward away from the L foot, -, -, -*) ;  
4 **{SWAY R}** Sd R inclining body from the ankle upward away from the L foot, -, -, - (*W Sd L inclining body from the ankle upward away from the R foot, -, -, -*) ;

## PART A

### 1-4 CROSS BODY WITH REVERSE TWIRL ; ; AIDA ; SWITCH CROSS TO BFLY ;

- 1 **{X BDY}** Fwd L, rec R trng LF, sd L/cl R, sd L toe pointing COH (*W Bk R, rec L, fwd R/lk Lib of R, fwd R toward M staying on R sd ending in an L-shaped Position*) ;  
2 **{W/ REV TWRL}** Bk R, rec L trng to fc COH raising lead hnds to lead W to twirl LF under joined lead hnds, sd R/cl L, sd R (*W Fwd L, fwd R twirl under joined lead hnds 1/2 LF to end fcg ptr & WALL, sd L/cl R, sd L*) ;  
3 **{AIDA}** Trng RF to LOD thru L, fwd R trng 1/2 LF to fc RLOD, bk L/lk Rif of L, bk L endg in "V" position RLOD (*W Trng LF to LOD thru R, fwd L trng 1/2 RF to fc RLOD, bk R/lk Lif of R, bk R endg in "V" position RLOD*) ;  
4 **{SWCH X TO BFLY}** Trng RF to fc ptr bringing joined hnds thru sd R ckg, rec L, XRif/sd L, XRif end BFLY COH (*W Trng LF to fc ptr bringing joined hnds thru sd L ckg, rec R, XLif/sd R, XLif end BFLY WALL*) ;

### 5-8 VINE 2 & CHA ; WHIP WITH REVERSE TWIRL LADY WRAP TO LOD ; WALK ; SPOT TURN BFLY ;

- 5 **{VIN 2 & CHA}** Sd L, XRib of L, sd L/cl R, sd L BFLY COH (*W Sd R, XLib of R, sd R/cl L, sd R BFLY WALL*) ;  
6 **{WHP W/ REV TWRL LADY WRP TO LOD}** Bk R trng LF, cont trng LF fwd L to fc WALL, raise lead hnds [leading W to twirl LF] slight LF trn in plc R/in plc L, cont twirl to wrp pos cl R to WRP LOD (*W Fwd L outsd M on his L sd, fwd R commence LF trn 1/2 to fc COH, cont LF tight twirl under lead hnds sd & fwd L/R, fwd L to WRP pos to LOD*) ;  
7 **{WALK}** Fwd L, fwd R, fwd L/lk Rib of L, fwd L end WRP LOD (*W Fwd R, fwd L, fwd R/lk Lib of R, fwd R end WRP LOD*) ;  
8 **{SPOT TRN BFLY}** Releasing joined hnds fwd R trng 1/2 LF on ball of R, rec L trng 1/4 LF to face ptr, sd R/cl L, sd R to BFLY WALL (*W Releasing joined hnds fwd L trng 1/2 RF on ball of L, rec R trng 1/4 to face ptr, sd L/cl R, sd L BFLY COH*) ;

### 9-12 SINGLE CUBAN ; AIDA ; SWITCH CROSS TO BFLY ; VINE 2 & CHA ;

- 9 **{SGL CUBAN}** XLif of R/rec R, sd L, XRif of L/rec L, sd R (*W XRif of L/rec L, sd R, XLif of R/rec R, sd L*) ;  
10 **{AIDA}** Trng RF to RLOD thru L, fwd R trng LF 1/2 fc LOD, bk L/lk Rif of L, bk L endg in "V" position LOD (*W Trng LF to RLOD thru R, fwd L trng 1/2 RF to fc LOD, bk R/lk Lif of R, bk R endg in "V" position LOD*) ;  
11 **{SWCH X TO BFLY}** Trng RF to fc ptr bringing joined hnds thru sd R ckg, rec L, XRif/sd L, XRif end BFLY COH (*W Trng LF to fc ptr bringing joined hnds thru sd L ckg, rec R, XLif/sd R, XLif end BFLY WALL*) ;  
12 **{VIN 2 & CHA}** Sd L, XRib of L, sd L/cl R, sd L BFLY WALL (*W Sd R, XLib of R, sd R/cl L, sd R BFLY COH*) ;

### 13-16 TRAIL FOOT DOUBLE CUBANS ; ; UNDERARM TURN ; FENCE LINE IN 4 ;

- 13 **{TRAIL FOOT DBL CUBANS}** XRif of L/rec L, sd R/rec L, XRif of L/rec L, sd R (*W XLif of R/rec R, sd L/rec R, XLif of R/rec R, sd L*) ;  
14 XLif of R/rec R, sd L/rec R, XLif of R/rec R, sd L (*W XRif of L/rec L, sd R/rec L, XRif of L/rec L, sd R*) ;  
15 **{UNDRM TRN}** Raising joined lead hnds trn body slightly RF bk R, rec L squaring body to fc ptr, sd R/cl L, sd R BFLY WALL (*W Swvlg 1/4 RF on ball of R foot stp fwd L trng 1/2 RF, rec R trng 1/4 RF to fc ptr, sd L/cl R, sd L BFLY COH*) ;  
16 **{FNC LINE IN 4}** X lun thru L with bent knee looking RLOD, rec R trng to fc ptr, stp sd L, cl R BFLY WALL (*W X lun thru R with bent knee looking RLOD, rec L trng to fc ptr, sd R, cl L BFLY COH*) ;

**PART B**

- 1-4 CHASE WITH UNDERARM PASS; TO BFLY COH; START A DOUBLE CUBAN ; FENCE LINE :**  
 1 {CHS W/ UNDRM PASS TO BFLY COH} Keeping lead hnds joined fwd L trng 1/2 RF to fc COH, rec fwd R, fwd L/lk Rib, fwd L (*W Keeping lead hnds joined bk R, rec L, fwd R/lk Lib, fwd R twd M's L sd*) ;  
 2 Bk R raising joined lead hnds, rec L leading W forward & leading W to trn LF, sd R/cl L, sd R to BFLY COH (*W Fwd L, fwd R trng 1/2 LF under joined lead hnds to fc ptr, small sd L/cl R, sd L to BFLY WALL*) ;  
 3 {START A DBL CUBAN} XLif of R/rec R, sd L/rec R, XLif of R/rec R, sd L (*W XRif of L/rec L, sd R/rec L, XRif of L/rec L, sd R*) ;  
 4 {FNC LINE} X lun thru R with bent knee looking RLOD, rec L trng to fc ptr, stp sd R/cl L, sd R to BFLY COH (*W X lun thru L with bent knee looking RLOD, rec R trng to fc ptr, sd L/cl R, sd L to BFLY WALL*) ;
- 5-8 CHASE WITH UNDERARM PASS; TO WALL BFLY; START A DOUBLE CUBAN ; SPOT TURN TO HANDSHAKE :**  
 5 {CHS W/ UNDRM PASS TO WALL BFLY} Keeping lead hnds joined fwd L trng 1/2 RF to fc WALL, rec fwd R, fwd L/lk Rib, fwd L (*W Keeping lead hnds joined bk R, rec L, fwd R/lk Lib, fwd R twd M's L sd*) ;  
 6 Bk R raising joined lead hnds, rec L leading W fwd & leading W to trn LF, sd R/cl L, sd R to BFLY WALL (*W Fwd L, fwd R trng 1/2 LF under joined lead hnds to fc ptr, small sd L/cl R, sd L to BFLY COH*) ;  
 7 {START A DBL CUBAN} XLif of R/rec R, sd L/rec R, XLif of R/rec R, sd L (*W XRif of L/rec L, sd R/rec L, XRif of L/rec L, sd R*) ;  
 8 {SPT TRN TO HNDSHK} Swvlg 1/4 on ball of L foot stp fwd R trng LF 1/2, rec L trng LF 1/4 to fc ptr, sd R/cl L, sd R to HNDSHK WALL (*W Swvlg 1/4 on ball of R foot stp fwd L trng RF 1/2, rec R trng RF 1/4 to fc ptr, sd L/cl R, sd L to HNDSHK COH*) ;
- 9-12 FLIRT ;: SWEETHEART TWICE TO FAN ;:**  
 9 {FLIRT} Fwd L, rec R, sd L/cl R, sd L (*W Bk R, rec L trng 1/2 LF to VARS, sd R/cl L, sd R*) ;  
 10 Bk R, rec L, sd R/cl L, sd R to L VARS WALL (*W Bk L, rec R, sd L/cl R, sd L to M's L sd to L VARS WALL*) ;  
 11 {SWHRT} Ck fwd L with R sd lead into contra check like action, rec R straightening body, sd L/cl R, sd L to VARS WALL (*W Bk R with L sd lead into contra check like action, rec L straightening body, sd R/cl L, sd R to VARS WALL*) ;  
 12 {SWHRT TO FAN} Ck fwd R with L sd lead into contra check like action, rec L straightening body, leading W to Xif of M sd R/cl L, sd R to FAN WALL (*W Bk L with R sd lead into contra check like action, rec R straightening body, X in front of M sd L/cl R, sd L to FAN RLOD*) ;
- 13-16 STOP & GO HOCKEY STICK ;: HOCKEY STICK TO CP WALL ;:**  
 13 {STOP & GO HKY STK} Ck fwd L, rec R raising L arm to lead W under arm, in plc L/R, L leading W to trn LF (*W Cl R, fwd L, fwd R/L, R trng 1/2 LF under joined hnds to end at M's R sd while facing LOD*) ;  
 14 Ck fwd R with L sd stretch shaping to ptr plcg R hnd on W's L shldr blade to ck her movement, rec L raising L arm to lead W to RF underarm trn, in plc R/L, R; (*W [Man catches W with R hnd on W's L shldr blade to check her movement] Bk L, rec R, fwd L/R, L trng 1/2 RF under joined hnds to end fcg M in Fan Position RLOD*) ;  
 15 {HKY STK TO CP WALL} Fwd L, rec R, in plc L/R, L (*W Cl R, fwd L, fwd R/lk Lib, fwd R*) ;  
 16 Bk R, rec L, fwd & sd R/cl L, sd R endg CP WALL (*W Fwd L, fwd R trng LF to fc ptr, bk L/lk Rif, bk L endg CP COH*) ; [Note: 2<sup>nd</sup> time thru B end in BFLY M fcg WALL]

**REPEAT A****PART C**

- 1-4 BASIC ;: START A DOUBLE CUBAN ; SPOT TURN TO HANDSHAKE :**  
 1 {BAS} Fwd L, rec R, sd L/cl R, sd L (*W Bk R, rec L, sd R/cl L, sd R*) ;  
 2 Bk R, rec L, sd R/cl L, sd R (*W Fwd L, rec R, sd L/cl R, sd L*) ;  
 3 {START A DBL CUBAN} XLif of R/rec R, sd L/rec R, XLif of R/rec R, sd L (*W XRif of L/rec L, sd R/rec L, XRif of L/rec L, sd R*) ;  
 4 {SPT TRN TO HNDSHK} Swvlg 1/4 on ball of L foot stp fwd R trng LF 1/2, rec L trng LF 1/4 to fc ptr, sd R/cl L, sd R to HNDSHK WALL (*W Swvlg 1/4 on ball of R foot stp fwd L trng RF 1/2, rec R trng RF 1/4 to fc ptr, sd L/cl R, sd L to HNDSHK COH*) ;
- 5-9 CIRCULAR CROSS BODY ;: ;: ;: ;:**  
 5 {CIRCULAR X BDY} [Note: Circular X Bdy is a 5 meas figure that begins fcg ptr & WALL & makes a 1 & 1/4 LF trn over the 5 meas to end both fcg LOD. R hnds stay joined throughout the entire figure] With R hnds joined Fwd L, rec R trng 1/4 LF to fc LOD, sd toward COH L/cl R, sd L to end facing LOD with W on M's R sd (*W Bk R, rec L, fwd R/L, R to fc COH on M's R sd*) ;  
 6 Rk bk R, rec L commencing LF trn leading W to Xif of M with low R hnds, cont trng LF to fc DRC stp in plc

- R/L, R while trng W LF & bringing R hnds up bhd W (*W Fwd L COH, fwd R commencing 1 & 1/8 LF trn, finish LF trn L/R, L to fc DRC*) blending to VARS with both fcg DRC ;
- 7 Rk fwd L, rec R trng 1/8 LF to fc RLOD, stp sd L/cl R, sd L to end fcg RLOD (*W Fwd R, fwd L releasing joined L hnds & trng 1/2 RF to fc DLW [Note: This 2nd stp will have a whipping feel for the W], trn another 1/8 RF to fc WALL stp sd R/cl L, sd & fwd R to fc WALL*) with R hnds joined in front of W ;  
**[Option: M can raise joined R hnds on beats 3&4 allowing W to make a 1 & 1/4 RF twirl under R hnds and then lowering the R hnds to continue with the next meas]**
- 8 Dancing similar to meas 6 Rk bk R, rec L commencing LF trn leading W to Xif of M with low R hnds, cont trng LF to fc DLW stp in plc R/L, R while trng W LF & bringing R hnds up bhd W (*W Fwd L toward WALL, fwd R commencing 1 & 1/8 LF trn, fin LF trn L/R, L to fc DLW*) blending to VARS with both fcg DLW ;
- 9 Dancing similar to meas 7 Rk fwd L, rec R trng slightly LF, stp sd L/cl R, sd & fwd L to fc LOD (*W Fwd R, fwd L releasing joined L hnds and trng 1/2 RF to fc DRC [Note: This 2nd stp will have a whipping feel for the W] trn another 3/8 RF to fc LOD, stepping sd R/cl L, sd & fwd R*) to end both fcg LOD with W to R of M & R hnds joined in front of W ;  
**[Option: W can add extra RF twirl as described in meas 7 but make the extra twirl 1 & 3/8 trn instead of 1 & 1/8]**

- 10-12 AIDA ; SWITCH WITH CUBAN BREAK ENDING ; SPOT TURN TO FACE ; ;**
- 10 **{AIDA}** Fwd R release R hnds & jn lead hnds, fwd L trng 1/2 RF, bk R/XLif of R, bk R endg in "V" position fc RLOD (*W Fwd L, fwd R trng 1/2 LF, bk L/XRif, bk L to "V" position fc RLOD*) trailing arms up & bk ;
- 11 **{SWCH W/ CUBAN BREAK ENDG}** Trng LF to fc ptr bringing joined hnds thru sd L ckg, rec R, XLif/rec R, sd L to BFLY WALL (*W Trng RF to fc ptr bringing joined hnds thru sd R ckg, rec L, XRif/rec L, sd R to BFLY COH*) ;
- 12 **{SPT TRN TO FC}** On ball of L foot swivel 1/4 LF stp fwd R turn LF 1/2, rec L turn LF 1/4 to fc ptr, sd R/cl L, sd R to fc WALL no hnds joined (*W On ball of R foot swivel 1/4 RF stp fwd L turn RF 1/2, rec R turn RF 1/4 to fc ptr, sd L/cl R, sd L to fc COH no hnds joined*) ;
- 13-16 RONDE CHA BOX ; ; TWICE TO BFLY ; ;**
- 13 **{RONDE CHA BOX}** Ronde Lif of R, sd R, bk L/lk Rif of L, bk L (*W Ronde Rib of L, sd L, fwd R/lk Lib of R, fwd R*) ;
- 14 Ronde Rib of L, sd L, fwd R/lk Lib of R, fwd R (*W Ronde Lif of R, sd R, bk L/lk Rif of L, bk L*) ;
- 15 **{RONDE CHA BOX TO BFLY}** Ronde Lif of R, sd R, bk L/lk Rif of L, bk L (*W Ronde Rib of L, sd L, fwd R/lk Lib of R, fwd R*) ;
- 16 Ronde Rib of L, sd L, fwd R/lk Lib of R, fwd R to BFLY WALL (*W Ronde Lif of R, sd R, bk L/lk Rif of L, bk L to BFLY COH*) ;

### PART D

- 1-5 NEW YORKER LADY SPIN TO LOD ; TO A FAN ; HOCKEY STICK WITH TRPLE CHA FORWARD ; ; ;**
- 1 **{NY LADY SPN TO LOD}** Swvlg on R foot bring L foot thru with straight leg to a sd by sd position, rec R swvlg to fc ptr [& leading W to spn RF], sd L/cl R, sd L (*W Swvlg on L foot bring R foot thru with straight leg to a sd by sd position, rec L swvlg 1/2 RF to fc LOD, fwd R with RF spn/ together L continue spin to fc LOD, fwd R*) ; **\*\*[NOTE: Lady may omit spin if desired]\*\***
- 2 **{FAN}** Bk R, rec L, sd R/cl L, sd R to LOP DLW (*W Fwd L, fwd R trng 1/2 LF to fc RLOD, bk L/lk Rif, bk L leaving R extended fwd with no wgt ending LOP RLOD*) ;
- 3 **{HKY STK WITH TRPL CH FWD}** Fwd L, rec R, in pl L/R, L (*W Cl R, fwd L, fwd R/lk Lib, fwd R*) ;
- 4 Bk R, rec L twd DRW, fwd R/lk Lib, fwd R (*W Fwd L, fwd R trng 1/2 LF to fc ptr, bk L/lk Rif, bk L on a diag*) ;
- 5 Cont twd DRW fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R (*W Bk R/lk Lif, bk R, bk L/lk Rif, bk L*) ;
- 6-8 FORWARD RECOVER & TRIPLE CHA BACK ; TO CP RLOD ; START NATURAL TOP TO CP WALL ;**
- 6 **{FWD REC & TRPL CH BK CP RLOD}** Fwd L, rec R, bk L/lk Rif, bk L (*W Bk R, rec L, fwd R/lk Lib, fwd R*) ;
- 7 Bk R/lk Lif, bk R, bk L/lk Rif. bk L stp slightly to sd to CP RLOD (*W Fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R to CP LOD*) ;
- 8 **{START NAT TOP TO CP WALL}** XRib of L trng RF, sd L cont trn, XRib of L cont trn/sd L cont trn to fc ptr & WALL, cl R (*W Sd L trng RF, XRif of L cont trn, sd L cont trn/XRif of L cont trn to fc ptr & COH, sd L*) ;
- 9-12 ADVANCED HIP TWIST ; TO A FAN ; HOCKEY STICK TO FACE WALL ; ;**
- 9 **{ADV HIP TWST}** Fwd L on ball of foot with pressure into floor & slight body trn to R ckg fwd motion & leading W to trn more, rec R, small bk L [toe to heel]/cl R, small bk L lowering L arm & holding it firm to lead W's hip twist (*W Swvlg 1/2 RF on L foot bk R to fc WALL, rec L swivel 1/2 LF to fc COH, fwd R/lk Lib, fwd R keeping shoulders as square to Man as possible swvl hips 1/4 RF to fc LOD*) ;
- 10 **{FAN}** Bk R, rec L, sd R/cl L, sd R to LOP DLW (*W Fwd L, fwd R trng 1/2 LF to fc RLOD, bk L/lk Rif, bk L leaving R extended fwd with no weight to end LOP RLOD*) ;
- 11 **{HKY STK TO FC WALL}** Fwd L, rec R, in plc L/R, L (*W Cl R, fwd L, fwd R/lk Lib, R*) ;
- 12 Bk R, rec L, fwd R/lk Lib, fwd & sd R endg WALL (*W Fwd L, fwd R trng LF to fc ptr, bk L/lk Rif, bk L COH*) ;

**REPEAT PART B [EXCEPT END IN BFLY]****REPEAT C****END****1-4**

- ALEMANA TO HANDSHAKE ; ; START A FLIRT ; TO A FAN ON LAST STEP LUNGE SIDE ;**
- 1 {ALEMANA} Fwd L, rec R, bk L/lk Rif, bk L to DRW (*W Bk R, rec L, fwd R/lk Lib, fwd R to DLC*) ;
  - 2 {TO HNDSHK} Bk R leading W to trn1/2 RF, rec L, sd R/cl L, sd R to HNDSHK (*W Fwd L trng 1/2 RF under joined lead hnds to DRW, fwd R trng 1/2 RF to fc ptr, sd L/cl R, sd L to HNDSHK*) ;
  - 3 {START A FLIRT } Fwd L, rec R, sd L/cl R, sd L (*W Bk R, rec L trng 1/2 LF to VARS, sd R/cl L, sd R*) ;
  - 4 {TO FAN ON LAST STP LUN SD } Bk R, rec L, leading W to Xif of M sd R/cl L, lunge sd R twd RLOD bending knee & ckg quickly sweep R arm up and slightly out (*W Rk bk L, rec R, sd L/cl R Xif of M, lunge sd L twd LOD bending knee & ckg quickly sweep L arm up and slightly out*) ;