

SPOONFUL OF SUGAR

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MUSIC: Extreme Ballroom Vol. 2 Track #2 - "A Spoonful Of Sugar" **SPEED:** Slow from 50 to 47mpm

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SEQUENCE: Intro, A, B, A*, C, B, A (1-12), Ending **RELEASED:** January 2021

RHYTHM: Quickstep **PHASE:** V+2 **FOOTWORK:** Described for M- W opp (or as noted)

INTRO

1 - 4 WAIT; WAIT; APART,-, POINT,-; TOGETHER,-, STAMP TO CP DLC,-;

---- 1-2 - Wait 2 measure fcng ptr & DLC trailing hands joined and lead foot free;;

s-- 3-4 - Apt L,-, point R twd ptr,-; Tog R blending to CP DLC,-, stamp L next to R no weight,-;

PART A

1 - 4 SLOW TELEMARK TO BJO,-, FWD,-; FWD LOCK FWD; QUARTER TURN,-;

ss 1 - Fwd L comm LF trn,-, fwd & sd R cont LF trn (cl heel trn),-;

ss 2 - Sd & fwd L to BJO DLW,-, fwd R outside ptr,-;

QQS 3 - Fwd L w/L sd leading, lock RIB of L, fwd L,-;

SQQS 4 - Fwd R outside ptr comm RF trn,-, cont slight RF trn sd L blending to CP DRW, cl R to L; Bk & slightly sd L,-;

5 - 8 QUICK LOCK SWAY DOWN LOCK;; PROGRESSIVE CHASSE TO CP DLW,-, STOMP,-;

QQ 5 - Bk R taking R sd bk, lock LIF of R;

ss 6 - Lowering on L w/slight sway fwd & to L bk R,-, rise and straighten from sway as you lock LIF of R,-;

SQQ 7 - Bk R DLC comm LF trn,-, trng LF sd & fwd L, cl R to L;

ss 8 - Sd & fwd L to CP DLW,-, cl R to L as you stomp your foot to make noise ending in CP,-;

9-12 SLOW WHISK,-, THRU CHASSE TO BJO,-;; MANEUVER;

ss 9 - Fwd L DLW,-, side & slightly fwd R trng W RF,-;

ss 10 - XLIB of R to end SCP LOD,-, thru R,-;

QQS 11 - Sd & fwd L trng W LF, cl R to L, sd & fwd L to BJO DLW,-;

SQQ 12 - Fwd R outsd ptr comm RF trn,-, fwd & sd L cont RF trn, cl R to L completing RF trn to end CP RLOD;

13-16 SLOW IMPETUS TO SEMI,-, THRU PICKUP CLOSE,-;; DOUBLE REVERSE,-;; * LOD

ss 13 - Bk L LOD comm RF trn,-, cl R to L heel trn (fwd R comm RF trn,-, fwd & sd L behind M's heels cont RF trn),-;

ss 14 - Sd & fwd L to SCP DLC,-, thru R,-;

QQS 15 - Fwd & sd L comm LF trn leading W to swing in front, trng LF cl R to L to CP DLC, fwd L comm LF trn trn,-;

s-- 16 - Cont LF trn fwd & sd (cl heel trn),-, cont LF trn tch L to R (cont LF trn sd & slightly bk R, XLIF of R) to CP
(SQQ) DLC,-; * **NOTE:** 2nd time Part A Double Reverse ends LOD instead of DLC for Part C.

PART B

1 - 5 2 LEFT TURNS;; SLOW HOVER TO BJO,-, FWD TO,-; QUICK OPEN REVERSE;

SQQ 1 - Fwd L comm LF trn,-, fwd & sd R cont LF trn, cl L to R to CP RLOD;

SQQ 2 - Bk R comm LF trn,-, bk & sd L toe pointing DLW, cl R to L to CP DLW;

ss 3 - Fwd L,-, sd & fwd R comm LF trn,-;

ss 4 - Sd & fwd L to BJO DLC,-, fwd R DLC outsd ptr,-;

SQQ 5 - Fwd comm LF trn,-, cont LF trn sd & bk R, bk L to BJO RLOD;

6 - 9 BK TRN L & CHASSE TO SEMI,-, THRU PEEK-A-BOO CHASSE,-;; SLOW OPEN NATURAL,-;

SQQ 6 - Bk R comm LF trn,-, cont LF trn sd & fwd L to SCP LOD, cl R to L;

ss 7 - Sd & fwd L,-, thru R LOD,-;

QQS 8 - Trng slightly RF to fc & look toward ptr sd L, cl R to L, trng slightly LF sd & fwd L to SCP LOD,-;

SSS 9 - Thru R comm RF trn,-, fwd & sd L cont RF trn,-; With R sd leading bk R to BJO DRC,-;

10-13 HESITATION CHANGE,-;; WALK 2 TO BJO CHECK; QUICK RECOVER TO SIDECAR CHECK;

s 10 - Bk L LOD cont RF trn,-;

s-- 11 - Cont RF trn sd & fwd R toe pointing DLC,-, draw L to R touch to end CP DLC,-;

ss 12 - Fwd L w/L side leading,-, fwd R outsd ptr checking to BJO DLC,-;

QQS 13 - Rec L trng RF, cont RF trn sd R, fwd & across L outsd ptr to SDCR POS DRW,-;

PART B (CON'T)**14-16 QUICK RECOVER TO BJO; AND FISHTAIL; WALK 2 FACE WALL;**

- qqs 14 - Rec R trng LF, cont LF trn sd L, fwd & across R outsd ptr to BJO POS DLC,-;
 qqqq 15 - XLIB of R trng 1/8 RF, small fwd & sd R but outsd ptr's R ft trn another 1/8 RF, fwd L w/L sd leading, lock RIB of L to Contra BJO DLW;
 ss 16 - Fwd L,-, fwd R outsd ptr comm RF trn to fc WALL,-;

17-20 SLOW TWIST VINE 4;; CHANGE OF DIRECTION;,-, STAMP,-;

- ss 17 - Cont RF trn sd & bk L LOD,-, XRIB of L to SDCR DRW,-;
 ss 18 - Trng LF sd & fwd L,-, fwd & across R to BJO DLW,-;
 ss 19 - Fwd L DLW,-, fwd & sd R trng LF,-;
 s-- 20 - Draw L to R to end in CP DLC,-, and stamp L next to R no weight,-;

PART A ***PART C****1 - 8 STRUT 4;; CHARLESTON POINTS;; STRUT 4;; CHARLESTON POINTS;;**

- ss 1-2 - Fwd L w/slight sway L,-, fwd R w/slight sway R,-; Fwd L w/slight sway L,-, fwd R w/slight sway R,-;
 ss 3-4 - Fwd L w/slight sway L,-, pt R fwd & across L w/slight sway R,-; Bk R w/slight sway L,-, pt L bk & across R w/slight sway R,-;
 ss 5-8 - Repeat measures 1-4 of Part C;;;

9-12 VIENNESE TURNS;;; DLW;

- sqq 9 - Fwd L heel lead LOD comm LF trn,-, cont LF trn sd R, XLIF of R (cl R to L) to CP DRC;
 sqq 10 - Cont LF trn bk R LOD,-, cont LF trn sd L, cl R to L (XLIF of R) to CP DLW;
 11-12 - Repeat measure 9 & 10 of Part C;;

13-16 QUICK TWISTY ZIG ZAG VINES; TO CP DLC; RUNNING FORWARD LOCKS INTO;,-

- qqs 13 - Trng RF sd & bk L DLC, XRIB of L to SDCR DRW, trng LF sd & fwd L to CP DLC,-;
 qqs 14 - Trng LF sd & bk R DLW, XLIB of R to BJO DRC, sd R to CP DLC,-;
 qqqq 15 - Fwd L DLC, lock RIB of L, fwd L, fwd R outside ptr;
 qqs 16 - Fwd L, lock RIB of L, fwd L comm LF trn,-;

17-20 SLOW TELESPIN,-;; TO SEMI,-, SLOW CHAIR & SLIP,-;;

- s-- 17 - Fwd & sd R past ptr cont LF trn (cl L heel turn)-, sd & slightly bk L LOD partial wgt to face DRW (fwd R LOD (SS) head closed to L)-;
 ss 18 - Cont LF trn thru hip & upper body to lead W fwd/transfer full wgt fwd L cont LF trn to CP,-, fwd & sd R past ptr (&SS) cont LF trn (fwd L heel lead moving past the M on his L side/fwd & sd R trng LF square to M at end of step,-, cl L to R toe trn)-;
 ss 19 - Sd & fwd L to SCP DLW,-, lower in L knee lunge fwd R w/fwd poise,-;
 ss 20 - Rec L comm LF trn rise thru body trng W square,-, bk R to CP DLC,-;

PART B**PART A (1-12)****ENDING****1 - 4 SLOW OUTSIDE CHANGE TO BJO;,-, SLOW NATURAL PREP FACE CENTER,-;; SAME FOOT LUNGE,-, QUICK CHANGE SWAY,-;**

- ss 1 - Bk L,-, bk R trng LF,-;
 ss 2 - Cont LF trn sd & fwd L to BJO DLW,-, fwd R outside ptr comm RF trn,-;
 s-- 3 - Fwd & sd L cont RF trn to fc COH,-, w/L sd leading touch R to L (swiveling slightly RF on R small sd & bk L in prep (SS) position head open to R looking RLOD)-;
 s-- 4 - Lower on L with slight L sway/reach sd R toe pting DLC & quickly transfer all weight to R w/soft knee stretch upward & sway R (XRIB of L well underneath body keeping wgt off heel allow M to turn your head well to L)-, sharp chg sway by turning body slightly RF from L hip stretching R sd to open W's head to R M's head to L,-;

NOTE: The timing listed on the side by the measure refers to actual weight changes.