No Sugar Free

Count: 64 **Wall:** 2 **Level:** Phrased Low Advanced - Samba
Choreographer: Niels Poulsen (DK) - July 2025
Music: Bad Girls (feat. Eva Timush) - SICKOTOY, Inna & Antonia

Intro: 8 counts from start of lyrics. App. 14 secs. into track. Start with weight on L foot

Phrasing: A, A, B, A, A, A, B, A, A + Ending
Note: Feel free to accent the delayed samba timing replacing the '&' counts with an 'a' count

A part, samba, 32 counts, 2 walls
[1 – 9] R samba whisk, L syncopated vine, volta ½ R sweep, L samba step together 1/8 L

1&2	Step R to R side (1), rock back on L (a), recover on R (2) 12:00
3&4	Step L to L side (3), cross R behind L (&), step L to L side (4) 12:00
5&6&7	Step R fwd (5), turn 1/8 R locking L behind R (&), turn 1/8 R stepping R fwd (6), lock L behind R (&), turn ¼ R stepping R fwd sweeping L fwd at the same time (7) 6:00
8&1	Cross L over R (8), step R to R side (&), turn 1/8 L stepping L next to R (1) 4:30

[10 – 16] R samba step together 3/8 R, run LR fwd, rock L fwd, R&L light press steps

2&3	Cross R over L (2), turn ¼ R stepping L to L side (&), turn 1/8 R stepping R next to L (3) 9:00
4&	Run L fwd (4), run R fwd (&) 9:00
5 – 6	Rock L fwd (5), recover back on R (6) 9:00
&7&8	Step back on L (&), press or touch R fwd (7), step back on R (&), press or touch L fwd (8) 9:00

[17 – 25] & ¼ L, point R, recover R & flick L, cross, R side rock ¼ L, run LRL sweep, weave 1/8 R

&1	Turn ¼ L stepping L to L side (&), point R to R side (1) 6:00
2 – 3	Recover on R flicking L out to L side (2), cross L over R (3) 6:00
4&5	Rock R to R side (4), recover on L turning ¼ L (&), step R fwd (5) 3:00
6&7	Run L fwd (6), run R fwd (&), run L fwd sweeping R fwd at the same time (7) 3:00
8&1	Cross R over L (8), step L to L side (&), turn 1/8 R stepping back on R hitching L knee (1) 4:30

[26 – 32] Behind side cross 1/8 R, points R&L, together L, R side rock, syncopated R back rock

2&3	Step back on L (2), turn 1/8 R stepping R to R side (&), cross L over R (3) 6:00
4&5&	Point R to R side (4), step R next to L (&), point L to L side (5), step L next to R (&) 6:00
6 – 7	Rock R to R side (6), recover on L (7) 6:00
8&	Rock back on R (8), recover on L (&) … Fun option for counts 7-8& when finishing 3rd and 6th

A: recover on L kicking R fwd (7), rock back on R kicking L fwd (8), recover on L hitching R knee (&).
Note: when doing this you hit the strong beats on 7-8& - 6:00

B part, smooth, 32 counts, 1 wall
[1 – 8] Sway RL, ¼ R slow sweep, cross side, L back rock into L diagonal

1 – 4	Step R to R swaying body R (1), sway body L (2), turn ¼ R stepping R fwd sweeping L (3-4) 3:00
5 – 8	Cross L over R (5), step R to R side (6), turn 1/8 L rocking back on L (7), recover on R (8) 1:30

[9 – 16] 3/8 R back L, ¼ R side R, cross & sweep, weave, ¼ L fwd L

1 – 2	Turn 3/8 R stepping back on L (1), turn ¼ R stepping R to R side (2) 9:00
3 – 4	Cross L over R sweeping R slowly fwd (3-4) 9:00
5 – 8	Cross R over L (5), step L to L side (6), cross R behind L (7), turn ¼ L stepping L fwd (8) 6:00

[17 – 24] Step turn turn with slow L sweep, behind, ¼ R fwd R, step ½ R

1 – 4	Step R fwd (1), turn ½ L onto L (2), turn ½ L stepping R back sweeping L slowly to L (3-4) 6:00
5 – 8	Cross L behind R (5), turn ¼ R stepping R fwd (6), step L fwd (7), turn ½ R onto R (8) 3:00

[25 – 32] L&R slow prissy walks, step ½ R, ¼ R side L, R back rock

1 – 4	Cross walk L slowly fwd (1-2), cross walk R slowly fwd (3-4) 3:00
5 – 6	Step L fwd (5), turn ½ R onto R (6) 9:00
7 – 8&	Turn ¼ R stepping L to L side (7), rock back on R (8), recover on L (&) 12:00

Ending When doing your last A: dance up to 29& (the side points), you're now facing 6:00.
To end facing 12:00 step R to R side (30), then turn ½ L stepping L to L side (31) 12:00