

# Honey

**Count:** 32    **Wall:** 2    **Level:** Beginner / Improver

**Choreographer:** Lucinda Hugo & Elmarie van Wyk (South Africa) April 2014

**Music:** Lady Antebellum - American Honey

---

**(2014 Overall winner of the Choreographer competition held at Boogie on the Beach, Langebaan, South Africa)**

## **Section 1: Sway, Sway, Chasse right, Sway, Sway, Chasse left**

- 1-2            Sway hips right, left [12.00]
- 3&4           Step right foot to right side, step left foot next to right, step right foot to right side
- 5-6           Sway hips left, right
- 7&8           Step left foot to left side, step right foot next to left, step left foot to left side

## **Section 2: Right back rock, Right shuffle forward, Left forward rock, ½ turn Left shuffle**

- 1-2            Rock back on right foot, recover onto left
- 3&4           Step forward on right foot, step left foot beside right, step forward on right
- 5-6           Rock forward on left foot, recover onto right
- 7&8           make ½ turn left step forward on left foot, step right foot beside left, step forward on left [6.00]

## **Section 3: Side Rock, Behind side cross, Side Rock, Behind side ¼ turn**

- 1-2            Rock Right foot to Right side, recover onto Left foot
- 3&4           Cross Right foot behind Left foot, step Left foot to Left side, cross Right foot over Left foot
- 5-6           Rock Left foot to Left side, recover onto Right foot
- 7&8           Cross Left foot behind Right foot, step Right foot ¼ turn to Right side, step Left foot forward [9.00]

## **Section 4: Right Forward Rock, Coaster Step, Left Forward Rock, ¼ Coaster turn.**

- 1-2            Rock forward on right foot, recover onto left foot
- 3&4           Step back on right foot, step left foot beside right, step forward right foot
- 5 - 6          Rock forward on left foot, recover onto right foot.
- 7&8           Turning ¼ left step back on left foot, step right foot beside left, step forward left. [6.00]

**Repeat**

**Contact email: [vanwykelmarie@gmail.com](mailto:vanwykelmarie@gmail.com)**