Sugar for My Honey

Counts:	32	**Walls:**	4	**Level:**	Improver
Choreographer:	Tom Inge Soenju (NOR), October 2023				
Music:	"Sweets for Sweet" by C.J. Lewis.			**Track:**	3:15, ~118 bpm
Availability:	Available on all major music platforms and providers.				

Note: Alternative music: Chicken Fried (Real Hypha Remix) – Zac Brown Band (Intro: 8C, No tags/restarts)
(Free track: https://soundcloud.com/realhypha or contact me for the track)
Intro: 32 counts from when heavy (new) beat kicks in.
Sequence: Repeating sequence.
Tag/Restart: No tags or restarts.
End: Dance as normal until music ends.

SECTION 1: **(DIA SIDE ROCKS, CHASSE) x2 (R/L)**
1-2 1/8 L turn rocking RF to R side, Rock back onto LF [10:30]
3&4 Step RF to R side, Step LF beside RF, Step RF to R side [on diagonal]
5-6 ¼ R turn rocking LF to L side, Rock back onto RF [01:30]
7&8 Step LF fwd, Step RF next to LF, Step LF fwd [on diagonal]
(Alternative: Lift each foot from the floor that doesn't have weight on it when doing the rocks C1-2 and C5-6)

SECTION 2: **CROSS, BACK, 1/8 R CHASSE TURN, WEAVE WITH POINT (FLICK)**
1-2 Cross RF over LF, Step LF back
3&4 1/8 R turn stepping RF to R side, Step LF beside RF, Step RF to R side [03:00]
5-6-7-8 Cross LF over RF, Step RF to R side, Step LF behind RF, Point RF to R side
(Alternative: Flick instead of point on C8)

SECTION 3: **CROSS, POINT, FWD SHUFFLE, (STEP, ¼ L PIVOT) x2**
1-2 Cross RF over LF, Point LF to L side
3&4 Step LF fwd, Step RF next to LF, Step LF fwd
5-6 Step RF fwd, ¼ L turn (weight on LF) [12:00]
7-8 Step RF fwd, ¼ L turn (weight on LF) [09:00]

SECTION 4: **¼ L STEP TURN, TOGETHER, CHASSE, CROSS ROCK, RECOVER, ¼ L SHUFFLE TURN**
1-2 ¼ L turn stepping RF to R side, Step LF beside RF [06:00]
3&4 Step RF to R side, Step LF beside RF, Step RF to R side
5-6 Cross rock LF over RF, Transfer weight onto RF
7&8 ¼ L turn stepping LF fwd, Step RF next to LF, Step LF fwd [03:00]

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:
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Abbreviations: min – minutes, bpm – beats per minute, Dia – Diagonal, R – right, L – left, F – foot, fwd - forward, B - back