

# Milk And Honey

**COPPER** **NOB**  
BY STEPHEN

**Count:** 32

**Wall:** 2

**Level:** Beginner / Improver

**Choreographer:** John Sandham (ES) & Krys Myerscough (ES) - March 2017

**Music:** Hey God - Dave Sheriff & The Britpickers : (iTunes, amazon)



## **sec 1. Heel Hook shuffle Heel Hook Shuffle**

123&4 Tap right heel fwd-hook right heel across left Knee-Shuffle fwd Rt Lt Rt  
567&8 Tap left heel fwd-hook left heel across right knee-shuffle fwd Lt Rt Lt.

## **sec 2. Rock Recover 1/2 turn Shuffle Step 1/4 Pivot Cross Shuffle**

1-2 Rock fwd on right foot-recover back on left foot.  
3&4 make a 1/2 turn shuffle over Rt shoulder on right left right.  
5-6 step fwd on left foot-make a 1/4 pivot to right on both feet.  
7&8 cross left over right-step right to side-cross left over right.

## **sec 3. Sway Right Sway left Sway Right 1/4 turn Brush.**

1-2 sway right foot to side-touch Lt next to right foot.  
3-4 sway left foot to side-touch right next to left foot.  
5-6 Sway right foot to side-touch Lt next to right foot.  
7-8 make a 1/4 turn to left on left foot-brush right foot fwd.

## **sec 4. Shuffle back Coaster Step Shuffle Fwd Step Brush.**

1&2 shuffle back on right left right.  
3&4 step back on left-step right next to left-step forward on left.  
5&6 shuffle fwd on right left right.  
7-8 step fwd on left-brush right foot forward.....

**Start over from sec 1.**

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