

Honey

Count: 40

Wall: 2

Level: Intermediate / Advanced

Choreographer: Sophie Bergvall - July 2009

Music: I Believe - Yolanda Adams : (Album: Honey OST)



Special thanks to Nanna and Marcus, you guys are awesome.

Intro: 64 counts (35 secs)

WALK, WALK, ROCK & CROSS, ¼ TURN RIGHT, ½ TURN RIGHT, LEFT CHASSE

- 1,2 Walk forward R, Walk forward L
&3,4 Rock R to right side, Recover on L, Cross R over L
5,6 Step back on L, ¼ turn right stepping R to right side
7&8 ½ turn right stepping L to left side, Together with R, Step L to left side

¼ HINGE TURN RIGHT x2, BEHIND SIDE CROSS, SWAY, SWAY, BEHIND, SIDE, ¼ TURN RIGHT

- 1,2 ¼ turn right stepping R to right side, ¼ turn right stepping L to left side
3&4 Step R behind L, Step L to left side, Cross R over L
5,6 Step L to left side and sway to the left, Sway to the right (weight on R)
7&8 Step L behind R, step R to right side, 1/4 turn right stepping forward on L

STEP ½ TURN LEFT, SWAY, SWAY, RIGHT COASTER, FULL TURN RIGHT

- 1,2 Step R foot forward, ½ pivot turn to the left
3,4 Step R to right side swaying to the right, Sway to the left (weight on L)
5&6 Step R foot back, Step together with L, Step forward on R
7,8 ½ turn right stepping L foot back, ½ turn right stepping R foot forward

ROCK FORWARD, RECOVER WITH SWEEP, SAILOR STEP, "SUNRISE ARMS"

- 1,2 Rock forward on L, recover on R sweeping L from front to back
3&4 Step L behind R, Step R to right side, Step L to left side

Restart here on wall 5, facing front wall

5. 6 Stick your R arm out to right side, stick your L arm out to left side
7,8 In a fluid motion bring both arms in across your chest in an "X" shape, then bring them up and out and down again in a smooth motion. End with weight on L.

Tag here during wall 3 facing back wall

RIGHT COASTER, FULL TURN SWEEP, ¼ TURN RIGHT WITH BODYROLL x2, FLICK

- 1&2 Step R foot back, Step together with L, Step forward on R
3,4 On R foot make a full turn over your R shoulder while sweeping L foot around
5,6 Step down on L, ¼ turn to the right while making a bodyroll (weight on R)
7,8 Step forward on L, ¼ turn to the right while making a bodyroll (weight still on L) Flick R foot back on (8)

Start again & have fun!!

Ending: After wall 7, walk forward until music stops while making the same arm movements as in Section 4 (count 5-8), ending with "jazz hands" while bringing arms down