

# Sugar for My Honey

COPPERKNOB  
STEP SHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Tom Inge Soenju (NOR) - October 2023  
音樂: Sweets for My Sweet - C.J. Lewis  
或: Chicken Fried (Real Hypha Remix) - Zac Brown Band



**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:**

**Mail: [tom@soenju.dance](mailto:tom@soenju.dance)**

**Facebook (Tom Inge Sønju): [www.facebook.com/tom.soenju](http://www.facebook.com/tom.soenju)**

**Website: [www.soenju.dance](http://www.soenju.dance)**