

# Sugar Honey I.T.

Count: 32 Wall: 4 Level: Intermediate

Choreographer: Johanna Barnes (Sept 2015)

Music: Sugar.Honey.Ice.Tea by Charlie Wilson

## #32 count intro

**Clock notation begins on your start wall as 12:00.**

**Each phrase will carry a new 12:00 start wall, ¼ right of the previous phrase.**

### [1~8]:R PRESS-RETURN, L PRESS-RETURN, GROOVE-TAPS BACK, L HEEL TAP

- 1, 2 & R press forward (1); recover weight onto L (2); R step next to L (&)  
3, 4 L press forward (3); recover weight onto R (4)  
& 5 & 6 small step back onto L (&); R tap ball of foot next to L (5); small step back onto R (&);  
L tap ball of foot next to R (6)  
& 7 & 8 small step back onto L (&); R tap ball of foot next to L (7); small step back onto R (&);  
L heel tap to left side (8)

**Styling: As you press with R, open to left, switch at center then open to right as you press L. Rotate hips as you travel back with the step taps, and utilize arms up and down and side-to-side!**

### [&9~16]:TOGETHER, R CROSS, L ROCK-RECOVER CROSS, SIDE, L BACK CROSS, R OUT, L OUT, R STANKY KNEE

- & 1 L step next to R (&); R step across L (1)  
2 & 3, 4 L rock out to L side (2); recover onto R (&); L step across R (3); R step to R side (4)  
5 & 6 L small cross behind R (5); R small step out to right side (&); L small step out to weight (6)  
7, 8 dip R knee down and toward L, flair R heel outward (7); recover to weight R (8)

**Styling: 'Throw' your right hand inward with your knee bend**

### [&17~24]: TOGETHER, R CROSS-HOLD/ HAND STYLING x2, L KNEE HITCH, L BALL-BACK, L STEP, ¼ TURN R, L STEP

- & 1, 2 L step next to R (&); R step across L\* (1); hold \* (2)  
& 3 L small step to left side \* (&); R step across L\* (3)  
4 & 5 L knee hitch forward\*\* (4); rock back onto ball of L (&); recover weight forward onto R (5)  
6, 7, 8 L step forward (6); push ¼ turn right onto R [3:00\*\*] (7); L step forward (8)

**\*Styling: Bend knees as you R cross (1, 3), with outward hands/ finger snaps (out on 1, 2, 3)**

### [&25~32]: R HOP-STEP FWD, HOLD, L HOP-STEP BACK, HOLD, R STEP ½ TURN L x 2

- & 1, 2 slight push step forward onto R (&); touch L forward next to R (1); hold (2)  
& 3, 4 slight push step back onto L (&); touch (or step) R back next to R (3); hold (or fwd on L) (4)

5-8

R step forward (5); push ½ turn left onto L [9:00\*\*] (6); R step forward (7); push ½ turn left onto L [3:00] (8)

**RESTARTS: Occur on phrases 2 and 5 after the first 16 counts plus the next ‘&’ count of 3rd section.**

**\*\*For comfort of body movement, there should be a slight angle toward 11:00 when you hitch and step forward, and toward 4:00 when you do the ¼ turn. Go with it and adjust toward 3:00 as you proceed to the start of the next phrase!**

**(BEGIN AGAIN, and most certainly DWYF!)**

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**This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel.**

**<http://www.youtube.com/user/DanceWhatYouFeel>**

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