

Milk and Honey

Count: 32

Wand: 2

Ebene: Low Intermediate - Rolling 8
Count



Choreograf/in: Ellen Fyrand (NOR) - January 2025

Musik: Milk and honey - Ruben

Very short Intro! Start on the word "Stunning"

***1 Restart**

Sec 1: Walk L-R-L, Cross, Side, Behind, 1/4 Turn L, 1/2 Pivot Turn L, 1/4 Pivot Turn L, Jazzbox

1-3 Walk FW on LF (1), Walk FW on RF (2), Walk FW on LF (3)

***Sweep or Drag Foot while moving FW**

4&a Cross RF in Front (4), Step LF to Side (&), Cross RF Behind (a)

5 1/4 Turn L and Step FW on LF (5) [9:00]

a6a7 Step FW on RF (a), 1/2 Turn L and Weight to LF (6), Step FW on RF (a), 1/4 Turn L and Weight to LF (7) [12:00]

8&a Cross RF in Front (8), Step Back on LF (&), Step RF to Side (a)

Sec 2: 1/2 Turn L Fallaway, Sway L-R, 1/4 Turn L Fallaway, Sway L-R

1& Cross LF in Front (1), 1/8 Turn L and Step RF to Side (&) [10:30]

a 1/8 Turn L and Step Back on LF (a) [9:00]

2& 1/8 Turn L and Step Back on RF (2) [7:30], 1/8 Turn L and Step RF to Side (&) [6:00]

a Cross RF in Front (a)

3-4 Step LF to Side and Sway (3), Recover Weight to RF and Sway (4)

5&a Cross LF in Front (5), 1/8 Turn L and Step RF to Side (&) [4:30], Step Back on LF (a)

6&a Step Back on RF (6), 1/8 Turn L and Step LF to Side (&) [3:00], Cross RF in Front (a)

7-8 Step LF to Side and Sway (7), Recover Weight to RF and Sway (8)

*** Restart here on Wall 2 With 1/4 Turn L on Count 1**

Sec 3: Side, R Jazzbox, L Jazzbox, Weave, Side Rock 1/4 Turn R

1-2a Step LF to Side (1), Cross RF in Front (2), Step LF Back on L diag (a)

3-4a Step RF Back on R Diag (3), Cross LF in Front (4), Step Back on RF on R Diag (a)

5a-6a Step LF back on L Diag (5), Cross RF in Front (a), Step LF to Side (6), Cross RF Back (a)

7-8 Rock LF to Side (7), 1/4 Turn R and Recover Weight to RF (8) [6:00]

Sec 4: Side, R Jazzbox, L Jazzbox, Walk Back R-L, CoasterStep

1-2a Step LF to Side (1), Cross RF in Front (2), Step LF Back on L diag (a)

3-4a Step RF Back on R Diag (3), Cross LF in Front (4), Step Back on RF on R Diag (a)

5-6-7 Step Back on LF (5), Step Back on RF (6), Step Back on LF (7)

***Drag Foot while Moving BW**

8&a Step Back on RF (8), Step LF Beside RF (&), Step FW on RF (a)

Restart on Wall 2 after 16 C, with Stepchange: 1/4 Turn L and Step FW on Count 1

Thanks to Tone Armand-Jensen Bergum for suggesting this music for me :)

Contact: efyrand@gmail.com