

# Sugar for My Honey

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Tom Inge Soenju (NOR) - October 2023

Music: Sweets for My Sweet - C.J. Lewis

or: 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 1/4 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, 1/4 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, 1/4 L turn (weight on LF) [12:00]

7-8 Step RF fwd, 1/4 L turn (weight on LF) [09:00]

## SECTION 4: 1/4 L STEP TURN, TOGETHER, CHASSE, CROSS ROCK, RECOVER, 1/4 L SHUFFLE TURN

1-2 1/4 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 1/4 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](https://www.facebook.com/tom.soenju)

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