

# 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>**

**Contact: [Johanna@dancewhatyoufeel.com](mailto:Johanna@dancewhatyoufeel.com) ~ [www.dancewhatyoufeel.com](http://www.dancewhatyoufeel.com) ~ 203.464.5322**

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