



Aww Honey!



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Type of dance:	2 walls, 80 counts line dance
Level:	Advanced
Music:	'No' by Meghan Trainor. Buy on iTunes.
Intro:	4 counts from main beat (app. 24 seconds into track)
Tags:	2 count hold after wall 3 (facing 06:00) Music stops completely. Start again with the music <i>The first 32 counts are "technically" not counted as we've written - but this way is simpler ☺</i>
Note:	<i>JUST FOLLOW THE WAY SHE SINGS ☺</i>

Counts	Footwork	End facing
1-8	Ball cross side look, Heel swivels back pop, Ball step touch sweep, Behind side rock, Behind sweep	
&1&2	Step R next to L (&), cross L over R (1), step R to R side (&), turn head & look L (2)	12:00
&3&4	Swivel L heel ¼ L (&), swivel R heel ¼ L – <i>taking weight on R (only ¼ turn in total)</i> (3), place L ball back (&), step down on L and pop R knee (4)	09:00
&5&6	Step R next to L (&), step L fw (5), touch R behind L (&), step R back sweeping L CCW (6)	09:00
7&8&	Step L behind R (7), rock R to R side (&), recover onto L (8), step R behind L sweeping L CCW (&)	09:00
9-16	Hold, Sailor heel, Hold, Sailor fw, Step touch x2, Mambo slide	
1	Hold (Continue sweeping L)	09:00
&2&	Cross L behind R (&), step R to R side (2), step diagonally fw on L heel (&)	09:00
3	Hold	09:00
&4&	Cross R behind L (&), step L out and slightly fw (4), step R fw (&)	09:00
5&6&	Step L diagonally fw (5), touch R next to L (&), step R diagonally fw (6), touch L next to R <i>Styling optional: slightly bend your knees and pop them out</i>	09:00
7&8	Rock L fw (7), recover onto R (&), step L a big step back sliding R towards L (8)	09:00
17-24	Back ½ L, Spiral L, Mambo body roll, Run x3 sweep, Behind side rock, Behind sweep	
1&2	Step R back (1), turn ½ L stepping L fw (&), step R fw spiralling full turn L (2)	03:00
3&4	Rock L fw (3), recover onto R (&), step L back making a body roll from top down (4)	03:00
5&6	Step R back (5), step L back (&), step R back sweeping L CCW (6)	03:00
7&8&	Step L behind R (7), rock R to R side (&), recover onto L (8), step R behind L sweeping L CCW (&)	03:00
25-32	Hold, Sailor heel, Hold, Sailor fw, Step touch x2, Mambo slide (exactly same steps as section 2)	
1	Hold (Continue sweeping L)	03:00
&2&	Cross L behind R (&), step R to R side (2), step diagonally fw on L heel (&)	03:00
3	Hold	03:00
&4&	Cross R behind L (&), step L out and slightly fw (4), step R fw (&)	03:00
5&6&	Step L diagonally fw (5), touch R next to L (&), step R diagonally fw (6), touch L next to R <i>Styling optional: slightly bend your knees and pop them out</i>	03:00
7&8	Rock L fw (7), recover onto R (&), step L a big step back sliding R towards L (8)	03:00
33-40	Back pop, Hold, ¼ L point, Hold, ¼ ½ R, Coaster run x3	
1-2	Step R back popping L knee fw (1), hold (2)	03:00
&3-4	Turn ¼ L stepping L to L side (&), point R to R side (prep) (3), hold (4)	12:00
&5	Turn ¼ R stepping onto R foot (&), turn ½ L stepping L back (5)	09:00
6&	Step R back, step L next to R	
7&8	Run fw R, L, R <i>Styling option: bend knees slightly, rolling them out. Think boogie walks ☺</i>	09:00
41-48	Touch step, Hold, Ball step, Hold, Step lock, ½ unwind L, Vine ¼ R, Kick step	
&1-2	Touch L next to R (&), step L fw (1), hold (2) <i>option: instead of holding – lean into a body roll</i>	09:00
&3-4	Step R next to L (&), step L fw (3), hold (4)	09:00

&5-6	Step R fw (&), lock L behind R (5), unwind ½ L stepping onto L (6)	03:00
&7&	Step R to R side (&), cross L behind R (7), turn ¼ R stepping R fw (&)	06:00
8&	Kick L to L side (8), step L to L side (&)	06:00
49-56	Touch behind, Hold, Ball cross, hold, ¼ ¼ R, Knee pops x2, Kick collect	
1-2	Touch R behind L (1), hold (2)	06:00
&3-4	Step R to R side (&), cross L over R (3), hold (4)	06:00
&5	Turn ¼ R stepping R fw (&), ¼ R stepping L to L side (5)	12:00
6&7&	Pop R knee in (6), step down on R (&), pop L knee in (7), step down on L (&)	12:00
8&	Kick R fw (8), step R next to L (&)	12:00
57-64	Point back, Body roll, Hip bump, Kick collect, Step touch x2, Mambo slide	
1	Point L back – starting a body roll from top down	12:00
2&3	Continue body roll – sitting back on L (2), push R hip up (&), push hip back to sit on L (3) <i>Note: on the first 2 walls raise your R arm to R ear and open and close the hand (like a mouth talking) as she sings Bla Bla Bla</i>	12:00
4&	Kick R fw (4), step R next to L (&)	12:00
5&6&	Step L diagonally fw (5), touch R next to L (&), step R diagonally fw (6), touch L next to R <i>Styling optional: slightly bend your knees and pop them out</i>	12:00
7&8	Rock L fw (7), recover onto R (&), step L a big step back sliding R towards L (8)	12:00
65-72	Coaster step, Prissy walks x2, Step ½ R step, Full turn L	
1&2	Step R back, step L next to R, step R fw	12:00
3-4	Walk fw L-R (Prissy walks – Attitude)	12:00
5&6	Step L fw, turn ½ R stepping onto R, step L fw (prep)	06:00
7-8	Turn ½ L stepping R back, turn ½ L stepping L fw	06:00
73-80	Hip sways x4, Swivel x2, Body roll	
1-2	Step R to R side swaying hips R, sway hips L <i>Arms: while swaying your R hand goes in front of your mouth wiping from L to R</i>	06:00
3-4	Sway hips R-L going down and up <i>Arms: Flex both hands at wrist keeping them at hip level – the hands follow the hips</i>	06:00
5&6&	Swivel R heel in (5), R toes in (foot is now straight) (&) repeat with L on count 6&	06:00
7-8	Roll body from bottom up – make sure your weight is on the L	06:00

No ending needed 😊

Good luck & enjoy!