

# Milk And Honey

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**Count:** 32                      **Wall:** 2                      **Level:** Beginner / Improver

**Choreographer:** John Sandham & Krys - March 2017

**Music:** Hey God - Dave Sheriff (Britpickers) amazon & iTunes

## sec 1. Heel Hook shuffle Heel Hook Shuffle

**123&4**      Tap right heel fwd-hook right heel across left Knee-Shuffle fwd Rt Lt Rt

**567&8**      Tap left heel fwd-hook left heel across right knee-shuffle fwd Lt Rt Lt.

## sec 2. Rock Recover 1/2 turn Shuffle Step 1/4 Pivot Cross Shuffle

**1-2**              Rock fwd on right foot-recover back on left foot.

**3&4**make a 1/2 turn shuffle over Rt shoulder on right left right.

**5-6**step fwd on left foot-make a 1/4 pivot to right on both feet.

**7&8**cross left over right-step right to side-cross left over right.

## sec 3. Sway Right Sway left Sway Right 1/4 turn Brush.

**1-2**sway right foot to side-touch lt next to right foot.

**3-4**sway left foot to side-touch right next to left foot.

**5-6**              Sway right foot to side-touch lt next to right foot.

**7-8**make a 1/4 turn to left on left foot-brush right foot fwd.

## sec 4. Shuffle back Coaster Step Shuffle Fwd Step Brush.

**1&2**shuffle back on right left right.

**3&4**step back on left-step right next to left-step forward on left.

**5&6**shuffle fwd on right left right.

**7-8**step fwd on left-brush right foot forward.....

**Start over from sec 1.**

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