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Aww Honey!

80 Count, 2 Wall, Advanced

Choreographer: Kirsten Matthiessen & Jannie Tofte Andersen (DK) Apr 2016

Choreographed to: No by Meghan Trainor

- 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
- Note:** The first 32 counts are “technically” not counted as we’ve written - but this way is simpler

JUST FOLLOW THE WAY SHE SINGS

Section 1 **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 – taking weight on R (only ¼ turn in total)(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

Section 2 **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 - 09:00
- Styling optional: slightly bend your knees and pop them out**
- 7&8 Rock L fw (7), recover onto R (&), step L a big step back sliding R towards L (8) 09:00

Section 3 **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

Section 4 **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 - 03:00
- Styling optional: slightly bend your knees and pop them out**
- 7&8 Rock L fw (7), recover onto R (&), step L a big step back sliding R towards L (8) 03:00

Section 5 **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 09:00
- Styling option: bend knees slightly, rolling them out. Think boogie walks.**

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- Section 6** **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) option: instead of holding – lean into a body roll - 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
- Section 7** **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
- Section 8** **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) 12:00
 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
 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 - 12:00
 Styling optional: slightly bend your knees and pop them out
 7&8 Rock L fw (7), recover onto R (&), step L a big step back sliding R towards L (8) 12:00
- Section 9** **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
- Section 10** **Hip Sways X4, Swivel X2, Body Roll**
 1-2 Step R to R side swaying hips R, sway hips L
 Arms: while swaying your R hand goes in front of your mouth wiping from L to R - 06:00
 3-4 Sway hips R-L going down and up 06:00
 Arms: Flex both hands at wrist keeping them at hip level – the hands follow the hips
 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!
