

# Honor the Bond

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**Count:** 32                      **Wall:** 4                      **Level:** Absolute Beginner

**Choreographer:** Sherry Kemp - May 2020

**Music:** Same Blood by Aloe Blacc - 3:03 - BPM: 76

**Alternate music: New Rules by Dua Lipa 3:44 BPM: 1:16**

**\*No tags or restarts. Continue to dance through mostly vocals from 2:10 - 2:22**

**( "we're all part of the same organism...." )**

**\*Stomp or Walk, though this is a marching attitude dance.**

**Begin at lyrics "same"**

**(1-8) L forward stomp, R toe tap behind, R stomp back, L toe tap front, basic right, together,**

**1,2R forward stomp, R toe taps behind R**

**3,4L stomp back, L toe taps front of L**

**5,6.R step right, R step together,**

**7,8R step right, R step together**

**(1-8) R forward stomp, L toe tap behind, L stomp back, R toe tap front, basic left, together**

**1,2L forward stomp, L toe taps behind L,**

**3,4R stomp back, R toe taps front of R**

**5,6L step left, L step together,**

**7,8L step left, L step together**

**(1-8) Stomp march forward, back**

**1,2R stomp forward, R stomp forward**

**3,4R stomp forward, R stomp forward**

**5,6.L stomp back, L stomp back**

**7,8.L stomp back, L stomp back**

**(1-8) L point right, together, R point left, together, jazz box 1/4 turn right, together**

**1,2R extends left with pointed toe, L step back to L**

**3,4.L extends right with pointed toe, R step back to R**

**5,6.Cross L over L, R step back**

**7,8R turns 1/4 turn right, R step together**

**\*To end on 12:00 front wall: on the 4th rotation and 3:00 wall, after the point left then left, step slightly forward on R, pivot 1/4 turn right back to 12:00 front wall, stepping down on right heel with hands flat together and fingers facing up and hold.**

**Peace and Unity ♥**

**Please copy in full original format with no alterations.**

**Contact: [sherhope@hotmail.com](mailto:sherhope@hotmail.com)**

**Last Update - 6 June 2020**

**(157.245.40.149)(2020/06/15 23:14:07)**