# What's Cooking?

**Count:** 48

Ebene: Phrased High Intermediate

Choreograf/in: Debbie Rushton (UK) - January 2016 Musik: Like a Mack (feat. Curly Fryz) - Prince

Count In: 5 seconds - on beat and lyrics 'Roll up into town...'

#### PART A – 32 counts

### A1: WALK WALK ¼ CROSS ¼ TURN, STEP ½ TURN ¼ DRAG, BEHIND ¼ TURN STEP FORWARD

- 12 Walk forward R, Walk forward L
- &34 Make <sup>1</sup>/<sub>4</sub> turn L stepping R to R side, Cross L over R, Make <sup>1</sup>/<sub>4</sub> turn R stepping R forward (12o'c)
- 5&6 Step L forward, Pivot <sup>3</sup>/<sub>4</sub> turn R taking weight onto R, Step L to L side (9 o clock)
- 7&8 Cross R behind L, Make 1/4 turn L stepping L forward, Step R forward (6 o clock)

#### A2: BOOGIE WALKS x3, MAMBO STEP & 1/4 TOUCH, SIDE SHUFFLE

- 1&2 Bending knees slightly, run forward L, R, L
- 3&4 Rock forward onto R, Recover weight back onto L, Step back on R
- &56 Step back on L, Make ¼ turn R stepping R big step to R side, Touch L beside R (9 o clock)
- Step L to L side, Step R beside L, Step L to L side 7&8

#### A3: CROSS ROCK SIDE ROCK, CROSS ¾ UNWIND, HIP ROLL x2 &

- 1&2& Cross rock R over L, Recover weight onto L, Rock R out to R side, Recover weigh onto L
- 34 Cross R over L, Unwind <sup>3</sup>/<sub>4</sub> turn over L shoulder ending with weight on L (12 o clock)
- 56 Step R out to R side and roll hips counter-clockwise from L to R (taking weight onto R)
- 78& Roll hips clockwise From R to L (taking weight onto L), Step onto R foot

#### A4: CROSS SIDE BEHIND SIDE CROSS SIDE ROCK, CROSS SIDE ROCK, CROSS ¼ TURN ½ TURN

- 1&2& Cross L over R, Step R to R side, Cross L behind R, Step R to R side
- 3&4 Cross L over R, Rock R out to R side, Recover weight onto L
- 5&6 Cross R over L, Rock L out to L side, Recover weight onto R
- Cross L over R, Make ¼ turn L stepping back on R, Make ½ turn L stepping L forward (3 o'c) 7&8

#### PART B – 16 counts

## **B1: SIDE TOGETHER SIDE TOUCH x2**

- 1234 Step R to R side, Step L beside R, Step R to R side, Touch L beside R
- 5678 Step L to L side, Step R beside L, Step L to L side, Touch R beside L
- \* Make these steps funky please!

#### B2: HEEL, HEEL, BACK, BACK, BUMP & BUMP ½ TURN, ROCK, RECOVER, COASTER STEP

- &1&2 Step R forward to R diagonal using R heel, Step L forward to L diagonal using L heel, Step R back in place, Step L beside R
- Step R fwd bumping R hip forward, Take weight back onto L & bump L hip back, Take weight 3&4 forward onto R bumping R hip forward whilst making <sup>1</sup>/<sub>2</sub> turn L (weight ends back on R)
- Rock forward on L, Recover weight back onto R 56
- Step back on L, Step R beside L, Step L forward 7&8

#### TAG: CROSS BACK SIDE CROSS, SIDE DRAG STEP

- 1&2& Cross R over L, Step L back, Step R to R side, Cross L over R
- 34 Step R big step to R side whilst dragging L up to R, Step L beside R

## **SEQUENCE:-**

## Clock directions are where each wall STARTS





Wand: 4

A 12 o clock A 
3 o clock – Dance up to Count 16 (L side shuffle) and go straight into the tag TAG 12 o clock B 12 o clock AD6 o clock A 
<sup>□</sup>9 o clock AD12 o clock - Dance up to Count 16 (L side shuffle) and go straight into the tag TAG□9 o clock BD9 o clock BD3 o clock AD9 o clock A 12 o clock - Dance up to Count 16 (L side shuffle) and go straight into the tag TAG□9 o clock□□ A□9 o clock□ AD12 o clock - Dance up to Count 16 (L side shuffle) and go straight into the tag TAG  $\Box$  9 o clock  $\Box$   $\Box$ A 🗆 9 o clock TAG□12 o clock AD12 o clock A 3 o clock - Dance up to Count 16 (L side shuffle) and go straight into PART B BD12 o clock B 12 o clock TAG □12 o clock to FINISH!

NOTES!!

On \*almost\* every 'A' which goes into a Tag, he sings 'WHAT'S COOKING?' when you are dancing counts '&13'. This is your cue that a tag is going to happen after count 16!

The only time this doesn't happen is on the 5th Tag which comes at the END of A so you just have to remember that one.

I PROMISE IT'S NOT AS SCARY AS IT LOOKS. YOU CAN HEAR IT IN THE SONG.

WHAT'S COOKING??..... A TAG!

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