

Dancing In The Kitchen!

Count: 32

Wall: 4

Level: Improver

Choreographer: Stephen Paterson (AUS) - January 2022

Music: Dancing In the Kitchen - Ashleigh Dallas



Start dance after 16 count instrumental intro

I started writing this dance in Ashleigh Dallas's kitchen whilst visiting on a holiday in January 2022. Thank you Ashleigh for your fantastic music and this song inspired by us all dancing at home during lockdowns over the past two years.

[1-8] Side Shuffle, Back Rock, Recover, Weave Side, Behind, Side Across

- 1 & 2 Step right out to side, step left beside right (&), step right out to side (right side shuffle)
3 4 Rock step left back, recover weight forward onto right in place
5 6 Step left out to side, step right behind left
7 8 Step left out to side, step right across left 12.00

(option for count 7 and 8 on chorus (walls 4, 9 & 14) with the lyrics "Grab my hand, spin me around" do a full rolling turn left. On count 7: turn 1/4 left then step left forward, on count 8: turn 1/2 left then step right back, then turn another 1/4 left before count 9)

[9 - 16] Side Shuffle, Back Rock, Recover, Quarter Toe Strut back, Quarter Side, Touch Together**

- 1 & 2 Step left out to side, step right beside left (&), step left out to side (left side shuffle)
3 4 Rock step right back, recover weight forward onto left in place
5 6 Turn 1/4 left then place right toe back, strut down onto heel in place 9.00
7 8 Turn 1/4 left then step left out to side, touch right beside left** 6.00

(restart here on walls 3, 6, 8 and 12)

[17-24] Side, Behind, Side Rock, Recover, Behind, Side Rock, Recover, Behind

- 1 2 Step right out to side, step left behind right
3 4 Rock step right out to side, recover weight onto left in place
5 6 Step right behind left, rock step left out to side
7 8 Recover weight onto right in place, step left behind right 6.00

[25-32] Quarter then Shuffle Forward, Step, Half Pivot, Shuffle Forward, Step, Half Pivot

- 1 & 2 Turn 1/4 right then step right forward, step left beside right (&), step right forward (right shuffle fwd)
3 4 Step left forward, pivot 1/2 right taking weight onto right in place 3.00
5 & 6 Step left forward, step right beside left (&), step left forward (left shuffle fwd)
7 8 Step right forward, pivot 1/2 left taking weight onto left in place 9.00

RESTARTS: -

On walls 3, 6, 8 and 12 restart after 16 counts.

Wall 3 starts to 6 o'clock, restart wall 4 to 12 o'clock

Wall 6 starts to 6 o'clock, restart wall 7 to 12 o'clock

Wall 8 starts to 9 o'clock, restart wall 10 to 3 o'clock

Wall 12 starts to 6 o'clock, restart wall 13 to 12 o'clock (end of instrumental)

ENDING: On last wall, (wall 17, starting at 12.00) dance up to count 30 then turn quarter left stepping right out to side, drag left together

This is an original dance sheet, feel free to copy without change for distribution

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