

# Cookin'

Count: 32

Wall: 4

Level: Improver

Choreographer: Evan VanScoyk (USA) - September 2023

Music: Mind Over Matter - Anthony Ramos



No tags, no restarts

Dance begins after 16 counts on lyrics

## **TOUCH SIDE R-L, BEHIND SIDE CROSS, R ROCK, RECOVER, CHEST POPS**

1&2 Touch R to right side (1), Step R together (&), Touch L to left side (2)

3&4 Step L behind R (3), Step R to right side (&), Step L across R (4)

5 6 Rock R to right side (5), Recover weight onto L (6)

7 8 Pop chest (7), Pop chest (8)

Styling: Place R hand over chest when doing chest pops out in out like breathing

## **R ACROSS KICK BALL STEP X2 (TRAVELING LEFT) & ¼ LEFT, R ROCKING CHAIR**

1&2 Kick R across L (1), Step onto ball of R (&), Step L left (2)

3&4 Kick R across L (3), Step onto ball of R (&), Step L left while turning ¼ left (4)

5 6 Rock R forward (5), Recover weight onto L (6)

7 8 Rock R backward (7), Recover weight onto L (8)

## **HEEL SWITCH, SCUFF HITCH ¼ STOMP, HIP BUMPS, L SAILOR**

1&2& Touch R heel fwd (1), Step R together (&), Touch L heel fwd (2), Step L together (&)

3&4 Scuff R fwd (3), Hitch R (&), Turn ¼ left while stepping R down in place (4)

5&6 Hip bump to right (5), Hip bump back to left (&), Hip bump to right (6)

7&8 Step L behind R (7), Step R to right side (&), Step L to left (8)

## **R TOUCH & ¼ L HEEL JACK, R TOUCH & L HEEL JACK, R BIG STEP FWD, DRAG L TOGETHER, KNEE POPS/HEEL LIFTS**

1&2& Touch R beside L (1), Step R slightly back while turning ¼ left (&), Tap L heel (2), Step down onto L (&)

3&4& Touch R beside L (3), Step R slightly back (&), Tap L heel (4), Step down onto L (&)

5 6 Big step R fwd (5), Drag L together (6)

7 8 Pop R knee/Lift R heel (7), Pop L knee/Lift L heel (8)

>> Begin Again

For questions or more dances find me on Facebook @EvanVChoreography

Last Update: 23 Sep 2023