Martika's Kitchen



Count: 64 Wall: 4 Level: Intermediate

Choreographer: Terry Mchugh (UK)

Music: Martika's Kitchen - Martika

SCUFF FORWARD RIGHT, HEELS OUT, IN, OUT, COASTER STEP, ROCK HIPS FORWARD, BACK, FORWARD

1-2	Scuff right forward	d, step right in t	front of left

3&4 Push both heels out, in, out

5&6 Step back on right step left beside right step forward on right

7&8 Push hips forward, back, forward

WALK FORWARD RIGHT, LEFT, FORWARD MAMBO, 2 RIGHT SIDE MAMBOS, WITH 1/4 TURN LEFT

1-2 Walk forward on left, walk forward on right

Step forward on left, step right in place, step left beside rightStep right to right side, step left in place, step right beside left

7&8 Step right to right side, step left in place, step right beside left with 1/4 turn left

2 RIGHT HEEL DIGS & RIGHT SAILOR, 2 LEFT HEEL DIGS & LEFT SAILOR

1-2 Dig right heel forward, dig right heel diagonally forward

3&4 Step right behind left, step left beside right, step right in place

5-6 Dig left heel forward, dig left heel diagonally forward

7&8 Step left behind right, step right beside left, step left in place

STEP FORWARD RIGHT, TAP LEFT BEHIND RIGHT, BACK SHUFFLE, 4STEPS BACK, WITH HEEL TWISTS

1-2 Step forward on right tap left behind right

3&4 Shuffle back left, right, left

5-6 Step back on right, with heel pointed out, swivel heel in, repeat on left

7-8 Repeat steps 5-6

SWEEP RIGHT LEG INTO 1/4 TURN LEFT, RIGHT COASTER, 2 HEEL JACKS, SLIDE FORWARD LEFT

Sweep right leg out & round, bring right beside left, with ¼ turn left Step back on right, step left beside right, step forward on right

Step forward on heel of left, step left beside right, step forward on heel of right &7-8 Step right beside left, take long step forward on left, step right beside left

ROCK FORWARD, BACK, RIGHT SHUFFLE FORWARD, ROCK FORWARD, BACK, LEFT SHUFFLE FORWARD

1-2 Step & rock forward on right, rock back on left

3&4 Shuffle forward right, left, right

5-6 Step & rock forward on left, rock back on right

7&8 Shuffle forward left, right, left

SCUFF RIGHT FORWARD, HEELS OUT, IN, OUT, 1/4 TURN LEFT, HIP ROCK, LEFT, RIGHT, LEFT

1-2 Scuff right forward, step right in front of left

3&4 Push both heels, out, in, out

5-6 Step forward on right heel, swivel both feet ¼ turn left

7&8 Rock hips left, right, left

4 CROSS & POINTS, STARTING WITH RIGHT FOOT

1-2 Step forward on right, slightly across left, point left toe to left side

3-4	Step forward on left slightly across right, point right toe to right side
5-6	Step forward on right slightly across left, point left toe to left side
7-8	Step forward on left slightly across right, point right toe to right side

REPEAT