

Soul Food To Go

Compte: 88

Mur: 1

Niveau: Phrased Intermediate



Chorégraphe: Carrie Bauer (USA) - May 2020

Musique: Soul Food To Go (Sina) - The Manhattan Transfer : (Album: The Very Best of the Manhattan Transfer)

Intro: 64 counts - Sequence: AB AAB- AB AAB

PART A (64 counts):

[1-8] SAMBA RIGHT AND LEFT, ROCK RECOVER RIGHT FORWARD, 2-POINT FULL TURN RIGHT AND BACK (12:00)

- 1&2 Cross R over L (1), rock L to left side (&), recover R (2)
- 3&4 Cross L over R (3), rock R to right side (&), recover L (4)
- 5-6 Rock R forward (5), recover L (6)
- 7-8 Step R 1/2 back turning right (7), step L 1/2 back turning right (8)

[9-16] ROCK RECOVER RIGHT BACK, STEP RIGHT FORWARD, TAP LEFT BEHIND, SCISSORS LEFT AND RIGHT MOVING 1/8 LEFT TO CORNER (10:30)

- 1-2 Rock R back (1), recover L (2)
- 3-4 Step R forward (3), tap L toe behind R (4)
- 5&6 Step L to left side (5), step R next to L (1/8 left to corner) (&), cross L over R (6)
- 7&8 Step R to right side (7), step L next to R (&), cross R over L (8)

[17-24] ROCK RECOVER LEFT FORWARD WITH HOOK FRONT LEFT, ROCK RECOVER LEFT FORWARD WITH RIGHT HOOK (FLICK) BEHIND, BEHIND SIDE FORWARD (L/R/L) 1/4 RIGHT, STEP RIGHT FORWARD, TWIST HEELS RIGHT AND CENTER (1:30)

- 1-2 Rock L forward (1), recover R hooking L in front of R (2)
- 3-4 Rock L forward hooking (flicking) R behind L (3), recover R (4)
- 5&6 Step L behind R (5) (square to 12:00), step R 1/8 right (&) (1:30) step L forward (6)
- 7&8 Step R forward (7), twist both heels right (&), recover to center (8) (weight on R)

[25-32] FORWARD ROCK RECOVER LEFT, BACK LOCK STEPS LEFT, TRIPLE 1/2 BACK RIGHT X 2 (1:30)

- 1-2 Rock L forward (1), recover R (2)
- 3&4 Step L back (3), cross R over L (&), step L back (4)
- 5&6 Step R 1/4 right (5), step L next to R (&), step R 1/4 right forward (6) (7:30)
- 7&8 Step L 1/4 right (7), step R next to L (&), step L 1/4 right forward (8)

[33-42] ROCK RECOVER RIGHT BEHIND, STEP RIGHT SIDE, STEP LEFT BEHIND, STEP RIGHT 1/4 (3:00), STEP L FORWARD, TRIPLE 1/4 RIGHT (VOLTA HOLDING ARM FORWARD, ELBOW TO WAIST, PALM UP) (6:00)

- 1-2 Rock R behind L (1), recover L (2)
- 3-4 Step R to right side (3), step L behind R (4) (square to 12:00)
- 5-6 Step R 1/4 right (5), step L forward (6) (3:00)
- 7&8 Step R 1/8 right (7), ball step L next to R (&), step R 1/8 turn right (8) (6:00)

(During the Volta on 7&8, hold your right arm out, elbow to waist, palm up)

[43-48] STEP SWEEP FORWARD LEFT AND RIGHT, MAMBO FORWARD LEFT, MAMBO BACK RIGHT (6:00)

- 1-4 Step L forward (1), sweep R forward (2), step R forward (3), sweep L forward (4)
- 5&6 Rock L forward (5), recover R (&), step L next to R (6)
- 7&8 Rock R back (7), recover L (&), step R next to L (8)

[49-56] RHUMBA BOX LEFT AND BACK WITH LOCK STEPS (6:00)

- 1-2 Step L to left side (1), step R next to L (2)
- 3&4 Step L back (3), cross R over L (&), step L back (4)
- 5-6 Step R to right side (5), step L next to R (6)
- 7&8 Step R forward (7), lock L behind R (&), step R forward (8)

[57-64] ROCK RECOVER FORWARD LEFT, SAILOR 1/2 LEFT, STEP DRAG/TOUCH DIAGONAL FORWARD RIGHT AND LEFT (12:00)

- 1-2 Rock L forward (1), recover R (2)
- 3&4 Sweep L behind R turning ½ left (3), step R to right side (&), step L to left side (4)
- 5-6 Step R forward diagonal (5), drag L to R and touch (6)
- 7-8 Step L forward diagonal (7), drag R to L and touch (8)

B (24 counts):

[1-8] NIGHTCLUB RIGHT, VINE LEFT WITH BRUSH RIGHT

- 1-4 Step R to right side (1), hold (2), rock L behind R (3), recover R (4)
- 5-8 Step L to left side (5), step R behind L (6), step L to left side (7), brush R (8)

[9-16] COASTER RIGHT FORWARD, COASTER LEFT BACK, MAMBO RIGHT AND LEFT

- 1&2 Step R forward (1), step L next to R (&), step R back (2)
- 3&4 Step L back (3), step R next to L (&), step L forward (4)
- 5&6 Rock R to right side (5), recover L (&), step R next to L (6)
- 7&8 Rock L to left side (7), recover R (&), step L next to R (8)

[17-24] MONTEREY ½ X 2

- 1-2 Point R to right side (1), spin ½ right on L and step R next to L (2)
- 3-4 Point L to left side (3), step L next to R (4)
- 5-8 Repeat 1-4

B- (16 counts) (second and third 8 counts of B):

[1-8] COASTER RIGHT FORWARD, COASTER LEFT BACK, MAMBO RIGHT AND LEFT

- 1&2 Step R forward (1), step L next to R (&), step R back (2)
- 3&4 Step L back (3), step R next to L (&), step L forward (4)
- 5&6 Rock R to right side (5), recover L (&), step R next to L (6)
- 7&8 Rock L to left side (7), recover R (&), step L next to R (8)

[9-16] MONTEREY ½ X 2

- 1-2 Point R to right side (1), spin ½ right on L and step R next to L (2)
- 3-4 Point L to left side (3), step L next to R (4)
- 5-8 Repeat 1-4

Please do not alter this stepsheet without permission. Questions or concerns may be directed to me at linedancelawyer@yahoo.com.
