

# Food Chain

拍数: 56      墙数: 4      级数: Phrased High Intermediate  
编舞者: Scott Blevins (USA) - May 2009  
音乐: In One Ear & Out the Other - Fujiya & Miyagi : (CD: Transparent Things)



Sequence: A-A-B-B-A-A-B-B-A-A-Tag- A's to end.

NOTE: Every time you start a new section your clock reverts back to 12 O'clock with count 1.  
16 count intro.

## Section A:

### (1 - 8)

- 1-2      1) Step fwd on L; 2) Turning  $\frac{1}{4}$  to left, step R foot to right side  
3&4      3) Step L behind R; &) Turning  $\frac{1}{4}$  to left, step R foot to center; 4) Turning  $\frac{1}{4}$  to L, step L foot  
across and in front of R foot (Sailor with  $\frac{1}{2}$  turn to left) [3:00]  
5-6      5) Turning  $\frac{1}{4}$  to right, step fwd on R; 6) Turning  $\frac{1}{2}$  to right, step back on L  
a-7&8      a) Make a  $\frac{1}{2}$  turn right over right shoulder; 7&8) Shuffle fwd R-L-R [6:00]

### (9 -16)

- 1-2&3      1) Step fwd on L; 2) Turning  $\frac{1}{4}$  to left, rock R to right side; &) Recover to L; 3) Step R across  
and in front of L  
4-5      4) Turning  $\frac{1}{4}$  to right, step back on L; 5) Turning  $\frac{1}{4}$  to right, step fwd on R [9:00]  
6-7-8      6) Step fwd on L; 7) Turning  $\frac{1}{4}$  to left, step back on R; 8) Turning  $\frac{1}{4}$  to left, step L to left side  
[3:00]

### (17-24)

- a-1&2      a) Make a  $\frac{1}{4}$  turn left; 1&2) Shuffle fwd R-L-R  
3-4      3) Rock fwd on L; 4) Recover to R  
5&6      5&6) Shuffle back L-R-L  
7-8      7) Turning  $\frac{1}{4}$  to right, step fwd on R; 8) Turning  $\frac{1}{2}$  to right, step back on L [9:00]

### (25-32)

- 1-2      1-2) Step back R-L (with a funky style)  
3&4      3) Turning  $\frac{1}{2}$  to right, step fwd on R; &) Turning  $\frac{1}{2}$  to right, step L next to R; 4) Step fwd on R  
5-6-7-8      5) Step fwd on L, pushing hip to left; 6) Step fwd on R, pushing hip to right; 7) Step fwd on L,  
pushing hip to left; 8) Turning  $\frac{1}{2}$  to right, step fwd on R [3:00]

## Section B:

### (1-8)

- 1-2      1) Step fwd on L; 2) Turning  $\frac{1}{2}$  to left, step back on R  
3&4      3) Turning  $\frac{1}{4}$  turn to left, step L to left side; &) Step R next to L: 4) Turning  $\frac{1}{4}$  turn to left, step  
L fwd (1/2 turning shuffle) [12:00]  
5&6&      5) Step R across and in front of L; &) Step back on L; 6) Step R to right side; &) Step L  
across and in front of R  
7&8      7) Hold; &) Step back and on a diagonal to right on R, with L slightly off the floor and pointing  
forward and on a diagonal to left; 8) Hold

### (9-16)

- &-1-2      &) Step L to center; 1) Rock fwd and on a diagonal toward 11 O'clock on R; 2) Turning  $\frac{1}{4}$  to  
right, Recover to L [1:00]  
3&4      3) Step R to right side; &) Step L next to R; 4) Turning  $\frac{1}{4}$  right, step fwd on R [5:00]  
5-a-6      5) Step fwd on L; a) Make  $\frac{3}{4}$  turn right on L foot; 6) Step fwd on R [1:00]  
7&8      7&8) Shuffle fwd L-R-L [1:00]

### (17-24)

- 1-2 1) Step fwd on R; 2) Pivot  $\frac{1}{2}$  turn to left, taking weight on L [7:00]  
3-4 3) Step fwd on R; 4) Turning  $\frac{3}{8}$  to right, step back on L to square up to 12 O'clock  
5&6 5) Turning  $\frac{1}{4}$  turn to right, step R to right side; &) Step L next to R: 6) Turning  $\frac{1}{4}$  turn to right, step R fwd (1/2 turning shuffle) [6:00]  
7-8 7) Step fwd on L; 8) Pivot  $\frac{1}{2}$  turn to right, taking weight on R [12:00]

**Tag:**

- 1-2 1) Step fwd on L; 2) Turning  $\frac{1}{2}$  to left, step back on R;  
3&4 3) Turning  $\frac{1}{4}$  turn to left, step L to left side; &) Step R next to L: 4) Turning  $\frac{1}{4}$  turn to left, step L fwd (1/2 turning shuffle) [12:00]  
5&6& 5) Step R across and in front of L; &) Step back on L; 6) Step R to right side; &) Step L across and in front of R  
7&8-& 7) Hold; &) Point R toe to right side; 8) Hold; &) Step R next to L (continue into Section A)
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