

# What's On The Menu

拍数: 48                      墙数: 4                      级数: Intermediate  
编舞者: Joanne Brady (USA), Bob Grundy & David Sickles (USA) - January 2010  
音乐: A Little Meat on the Side - Sea Cruz : (Album: Locals Too! - KHP Music)



A Huge Thanks to Bob & Dave for finding the music. This is the first time since Another Quickie that I have felt truly inspired to write a dance! Hope folks like it as much!

Dance begins 48 counts in on the vocals

## Walk, Walk, Anchor Step, Coaster Step, Kick Ball Change

1, 2                      Walk fwd R, L  
3&4                      Cross R behind L, Step L over R moving back, step back on R  
5&6                      Step L back, Step R next to L, Step L fwd  
7&8                      Kick R fwd, Step on Ball of R foot, Step L next to R

## Half Pivot Left, Anchor Triple with a quarter turn Left, Left Sweeping Sailor, Kick Ball Change

1,2                      Step Fwd on R, Pivot half turn left putting weight on L foot  
3&4                      Cross R behind L, Step L over R, ¼ turn left while stepping back on R  
5&6                      Sweep L around and behind R, Step R next to L, Step L Fwd  
7&8                      Kick R fwd, Step on Ball of R foot, Step L next to R

## Step Lock & Step Lock (Wizard or Dorothy Step), Syncopated Rocking Chair

1,2 &                      Step fwd on R (1), Step L fwd behind R (2), Step fwd on R (&),  
3,4 &                      Step fwd on L (3), Step R fwd behind L (4), Step fwd on L (&)  
5&6&                      Rock fwd on R (5), Recover to L(&), Rock back on R(6), Recover to L  
7&8&                      Rock fwd on R(7), Recover to L(&), Rock back on R(8), Recover to L

Option for count 5,6,7,8 would be a basic rocking chair without the syncopation)

## West Coast Swing Whip Pattern

1-2                      Step forward with R foot (1), Turn 1/2 Right, step back with L (2).  
3&4                      Step back with R (3), Step together with L (&), Step forward with R (4).  
5-6                      Step forward with L foot (5), Turn 1/2 L, step back with R (6).  
7,8                      Step back with L foot (7), HOLD with weight on L while dragging R toe next to L (8)

## Right Lindy, Left Lindy

1&2                      Step R to right side, Step L next to R, Step R to right side  
3,4                      Rock back onto L, Recover to R  
5&6                      Step L to left side, Step R next to L, Step L to left side  
7,8                      Rock back on R, Recover to L

## Step, Touch, Step, Touch, Syncopated Heel & Toe Touches

1,2                      Step to R while bending right knee (sitting position), Touch L Toe fwd diagonally  
3,4                      Step to L while bending right knee (sitting position), Touch R toe fwd diagonally  
**(those of you who can do an awesome body roll, this would be the place)**  
&5&6                      Step back on R, Tap L Heel fwd, Step L in place, Touch R Toe next to L  
&7&8                      Step back on R, Tap L Heel fwd, Step L in place, Touch R Toe next to L

REPEAT and enjoy  
(9/14/09)

