

# Soul Food

拍数: 72

墙数: 1

级数: Phrased Intermediate / Advanced  
Urban / Soul



编舞者: Lorenzo Evans (USA) - March 2011

音乐: Collard Greens & Cornbread - Fantasia : (Album: Back To Me)

Intro: 16 counts to start with lyrics.

**Note:** The whole counts (1, 2, 3, 4) are on the heavy downbeat, so it's easy to hear the "1 & ah 2 & ah 3 & ah 4...".

It's choreographed to phrase with the music meaning it's meant to be danced as the instrumental notes hit rather than beats counted, but here's a solid effort at breaking it down for you anyway.

Dance it low and grounded and let your body get into the groove! Check out the note at the end of the step sheet for the finish.

The first 32 counts are actually 8 counts done 4 times. You rotate  $\frac{1}{4}$  turn left during each 8 counts to end at your front wall.

**[1 – 8] Step, Hook, Swing, Behind- $\frac{1}{4}$ -Ball-Coaster-Step, Brush, Hitch, Ball-Step-Heel-Out-In-Heel-Out-Step**

- 1, 2, 3 Step forward R; Step/Hook L behind R; Swing R from front to back  
& a 4 Step R behind L; Turn  $\frac{1}{4}$  left stepping forward on ball of L; Step together on ball of R  
& a 5 "Coaster" L: Step back on ball of L; Step together on ball of R, Step forward L  
6 & a 7 Slowly brush R foot forward into R hitch; Step together on ball of R; Step in place L; Touch R toe forward  
& a 8 Swivel R heel "out" right; Swivel R heel "in" center; Step in place R  
& a Swivel L heel "out" left; Swivel L heel "in" and step in place L

**[9 – 16] Repeat counts 1-8**

**[17 – 24] Repeat counts 1-8**

**[25 – 32] Repeat counts 1-8**

For counts 33-40 the runs are small, high, quick steps - so pick those feet up, people!

**[33 – 40] Run Back Stamp Stamp, Run Back Stamp Stamp, Step Stamp Stamp, Step Stamp Stamp, Run In Place Full Turn**

- 1 & 2 Small steps running back R, L, R, L  
& a h Stamp (unweighted stomp) R foot slightly forward twice  
3 & a 4 Small steps running back R, L, R, L  
& a Stamp R foot slightly forward twice  
5 & a Step side R; stamp L foot slightly forward twice  
6 & a Step side L; stamp R foot slightly forward twice  
7 & a 8 & a h Run in place R, L, R, L, R, L making a full turn left (ending at front wall) with arms slightly out to sides during turn

Counts 41-48 are like skating and pushing off a few times on one foot to go faster, then switching feet.

**[41 – 48] Push R, R, R, R, Push L, L, L, L**

- 1 & 2 & 3 & 4 With body and L foot angled towards front left corner, keep knees bent and push-slide R foot to right side and bring back in to center 4 times  
& Take weight on R

**Arms for 1-4 Slowly circle your R arm out forward and into your chest over the 4 counts, ending with fist closed**

- 5, 6, 7, 8 With body and R foot angled towards front right corner, keep knees bent and push-slide L foot to left side and bring back in to center 4 times  
& Take weight on L

**Arms for 5-8 Leave your R arm in at your chest and slowly circle your L arm out forward and into your chest over the 4 counts, ending with fist closed**

Counts 49-54 are groovin' and swayin'.

**[49 – 56] Step-Touch, Step-Touch, Step-Touch, Step-Touch, Rock, Recover, Run In Place Full Turn**

- 1 & 2 & Sway-step R forward to slight right diagonal; Touch L next to R; Sway-step L forward L to slight left diagonal; Touch R next to L
- 3 & 4 & Sway-step R forward to slight right diagonal; Touch L next to R; Sway-step L forward L to slight left diagonal; Touch R next to L

**Arms for 1-4 While you sway your body during your steps, also sway both arms naturally side to side, so as you step with your L, you “drum” down and center with your R arm as your L arm swings slightly up and to the side, then swing R arm up as L arm drums down when you step with your R.**

- 5, 6 Open body to right diagonal and rock back on R; Return body to front as you recover weight on L
- 7 & a h 8 & a Run in place R, L, R, L, R, L making a full turn left (ending at front wall)

**Counts 57-72 have a comfy dig step with some cool arm highlights, but read through because they're slightly different in each 8 counts.**

**[57 – 64] Dig R, Step, Dig L, Step, Dig R, Step, Out and Uuuuuup**

- 1, 2 Bend slightly forward from waist with slight twist to right, with L arm up and bent over R knee and R arm slightly back and bent while you bend R knee and touch full R foot in place; Maintain body position and step R foot in place
- 3, 4 Bend slightly forward from waist with slight twist to left, with R arm up and bent over L knee and L arm slightly back and bent while you bend L knee and touch full L foot in place; Maintain body position and step L foot in place
- 5 Bend slightly forward from waist with slight twist to right, with L arm up and bent over R knee and R arm slightly back and bent while you bend R knee and touch full R foot in place
- 6, 7, 8 Step in place R, L, R

**Arms for 6 & 7, 8 In the music, the lyrics have a “woo hoo hoooooo”, which are highlighted over these counts with the arms: R arm/hand goes out to right side on 6 (woo), in towards center on & (hoo), straight up on 7 (hoooooo) as you look at it, and down on 8; while L arm goes in towards center on 6 (woo), slightly out to left side on & (hoo), and straight down on 7-8 (hoooooo).**

**[65 – 72] Dig L, Step, Dig R, Step, Dig L, Step, Out and Uuuuuup**

**The same as counts 57-64, but different... the arms are exactly the same, but the feet are opposite (so read the details).**

- 1, 2 Bend slightly forward from waist with slight twist to right, with L arm up and bent and R arm back and bent while you bend L knee and touch full L foot in place; Maintain body position and step L foot in place
- 3, 4 Bend slightly forward from waist with slight twist to left, with R arm up and bent and L arm back and bent while you bend R knee and touch full R foot in place; Maintain body position and step R foot in place
- 5 Bend slightly forward from waist with slight twist to right, with L arm up and bent and R arm back and bent while you bend L knee and touch full L foot in place
- 6, 7, 8 Step in place L, R, L

**Arms for 6 & 7, 8 In the music, the lyrics have a “woo hoo hoooooo”, which are highlighted over these counts with the arms: R arm/hand goes out to right side on 6 (woo), in towards center on & (hoo), straight up on 7 (hoooooo) as you look at it, and down on 8; while L arm goes in towards center on 6 (woo), slightly out to left side on & (hoo), and straight down on 7-8 (hoooooo).**

**Start again from the top of the sequence.**

**Ending: On the third time through, when you get to the “Dig, Step, WooHooHooooo” section, you'll do counts 57-64, then turn ¼ left and do counts 65-72, then turn ¼ left and do counts 65-72 again, then ¼ left and do counts 65-72 one last time, ending by slowly walking off the floor to the side wall through the end of the song.**

**Enjoy, because this should feel as good as soul food tastes... hello, collard greens and cornbread - mmmmmmm!!**

**Step Description by Debi Pancoast (dmpancoast@gmail.com) as translated from YouTube video**

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