

# Soul Food To Go

COPPER KNOB  
BY SHEETS

拍數: 88      牆數: 1      級數: Phrased Intermediate  
編舞者: Carrie Bauer (USA) - May 2020  
音樂: 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](mailto:linedancelawyer@yahoo.com).**

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