

# Soul Food

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Silvia Schill (DE) - August 2021  
音樂: Soul Food - Keith Urban



no restarts, no tags

The dance begins after 48 beats with Every Night That I've Been last update 03.04.2023

## Rock side, shuffle across r + l

- 1-2      Step right with right - weight back on LF
- 3&4      Cross RF far over left - small step left with left and cross RF far over left
- 5-6      Step left with left - weight back on RF
- 7&8      Cross LF far over right - small step right with right and cross LF far over right

## Side, behind, ¼ turn r/chassé forward, step, pivot ½ r, shuffle forward

- 1-2      Step right with right - cross LF behind right (bend knees a little)
- 3&4      ¼ turn right around and step forward with right - move LF next to right and step forward with right (3 o'clock)
- 5-6      Step forward with left - ½ turn right around on both balls, weight at the end right (9 o'clock)
- 7&8      Step forward with left - move RF next to left and step forward with left

## Rocking chair, step, pivot ½ l 2x

- 1-2      Step forward with right - weight back on LF
- 3-4      Step back with right - weight back on LF
- 5-6      Step forward with right - ½ turn left around on both balls, weight at the end left (3 o'clock)
- 7-8      As 5-6 (9 o'clock)

## Jazz box with cross, side, touch/snap r + l

- 1-2      Cross RF over left - step back with left
- 3-4      Step right with right - cross LF over right
- 5-6      Step right with right - touch LF next to right/snap
- 7-8      Step left with left - touch RF next to left/snap

Repeat to the end

Last Update - 3 April 2023 - R1