# Get Out The Kitchen

**Count:** 96 **Wall:** 1 **Level:** Phrased Advanced
**Choreographer:** Joey Warren (USA) - June 2016
**Music:** Kitchen - Fleur East

**A – 32 counts**
**A1: Brush Hitch Step, Sailor Step, Cross Back-Back, Cross Back ¼ Turn Cross**

| | |
|---|---|
| 1-&-2 | Brush R fwd, Hitch R knee up, Step R out to R |
| 3-&-4 | Step L behind R, Step R slightly out to R, Step L out/slightly fwd flicking R out to side |
| 5&6& | Cross R over L, Step back/out on L, Step R back, Cross L over R |
| 7-&-8 | Step back/out on R, ¼ Turn L stepping L out to L, Cross R over L |

**A2: Strong Steps travelling fwd, Quick weave travelling right w/ ball step on end**

| | |
|---|---|
| 1234 | Step L out/fwd as your R heel is flicked up behind you, Step R out/fwd as L heel flicks up behind □you, Step L out/fwd flicking R heel again, Step R out/fwd flicking L heel again |
| 5&6& | Step L behind R, Step R out to R, Cross L over R, Step R out to R |
| 7-&-8 | Step L behind R, Ball step back on R, Step L fwd |

**A3: Rock-Rock-Recover & Step ¼ Side, Sailor Step, Cross Shuffle**

| | |
|---|---|
| 1 – 2 | Rock fwd on R, Rock back on L |
| 3-&-4 | Recover weight forward on R, Step L up beside R, ¼ Turn L stepping R out to R |
| 5-&-6 | Step L behind R, Step R slightly out to R, Step L out to L |
| 7-&-8 | Cross R over L, Step L out to L, Cross R over L |

**A4: ¼ Camel Step x2, Rock-Recover Side Step, Step Touch x2, Rock & Cross &**

| | |
|---|---|
| 1 – 2 | ¼ Turn L Step L fwd as you pop R knee fwd, Step R fwd as you pop L knee fwd |
| 3-&-4 | Rock fwd on L, Recover back on R, Step L out to L |
| 5&6& | Step R back/out to R, Touch L beside R, Step L back/out to L, Touch R beside L |
| 7&8& | Rock R out to R, Bring L to R, Cross R over L, Step L out to L |

**B – 32 counts**
**B1: Cross ¼ Walk, Hip Bumps, ½ Turn Walk Walk, Side Step With Hip Sways**

| | |
|---|---|
| 1 – 2 | Cross R over L, ¼ Turn L stepping L fwd |
| 3-&-4 | Touch R fwd bumping R hip fwd, Recover weight to L, Bump R hip fwd taking weight on R |
| 5-&-6 | ½ Turn L stepping L fwd, Step R fwd, Step L fwd |
| 7 – 8 | Step R out to R as sway hips R, Sway hips L taking weight L |

**B2: Coaster Step, Hip Bumps Fwd, ¼ Step Touch x2, Weave w/ side touch & Look**

| | |
|---|---|
| 1-&-2 | Step R back, Step L back beside R, Step R fwd |
| 3-&-4 | Touch L fwd as you bump L hip fwd, Recover weight to R, Bump L hip fwd taking weight on L |
| 5&6& | ¼ Turn R stepping R out to R, Touch L beside R, Step L out to L, Touch R beside L |
| 7&8& | Step R out to R, Cross step L behind R, Step R to R as you open body ¼ R, Touch L next to R |

*** You are just opening your body and head a ¼ Turn R, feet still @ 9 o'clock**

**B3: Step Cross, ¾ Turn Stepping L-R, Quick Back L-R-L, Full Turn stepping R - L**

| | |
|---|---|
| 1 – 2 | Small step L out to L, Cross R over L |
| 3 – 4 | ¼ Turn L stepping L fwd, ½ Turn L stepping R back |
| 5-&-6 | Step back on L, Step R back beside L, Step back on L |
| 7 – 8 | ½ Turn R stepping R fwd, ½ Turn R stepping L back |

**B4: Coaster Step, Walk Walk, Step Touch Step, Hitch-Step back L, Recover Ball Step**

| | |
|---|---|
| 1-&-2 | Step back on R, Step L beside R, Step R fwd |

| | |
|---|---|
| 3 – 4 | Step L fwd, Step R fwd |
| 5&6& | Step L out to L, Touch R beside L, Step R out to R, Slightly hitch L knee up |
| 7 – 8& | Step back on L (opening body to L and lifting R leg across L), Step fwd on R, Ball Step L fwd |

**C – 32 counts**

**C1: Walk Walk, ¼ Rock & Cross, Full Turn Point, Cross Side Point**

| | |
|---|---|
| 1 – 2 | Walk fwd R, Walk fwd L |
| 3&4& | ¼ Turn L rocking R to R, Recover to L, Cross R over L, ¼ Turn R stepping back on L |
| 5-&-6 | ¾ Turn R on ball of L, Step down on R, Point L out to L |
| 7-&-8 | Cross L over R, Step R out to R, Point L toe behind R |

**C2: Side-Ball-Cross, ¼ - ½, Mambo with a half, Full Turn Right**

| | |
|---|---|
| 1-&-2 | Step L out to L, Ball step R beside L, Cross L over R |
| 3 – 4 | ¼ Turn L stepping back on R, ½ Turn L stepping fwd on L |
| 5-&-6 | Rock fwd on R, Recover back on L, ½ Turn R stepping R fwd |
| 7 – 8 | ½ Turn R step back L, ½ Turn R step fwd R, (easy option is walk fwd L, walk fwd R) |

**C3: ¼ Side Touch Step, Behind Side Cross, Step Touch Step, Behind Side Cross**

| | |
|---|---|
| 1-&-2 | ¼ Turn R stepping L out to L, Touch R beside L, Step R out to R |
| 3-&-4 | Step L behind R, Step R out to R, Cross L over R |
| 5-&-6 | Step R out to R, Touch L next to R, Step L out to L |
| 7-&-8 | Step R behind L, Step L out to L, Cross R over L |

**C4: ¼ Ball Step ½ Turn, Walk, Walk, Mambo Step, Coaster Step**

| | |
|---|---|
| 1-&-2 | ¼ Turn L stepping L fwd, Ball step R fwd, Quick ½ Turn L stepping L fwd |
| 3 – 4 | Walk fwd R, Walk fwd L |
| 5-&-6 | Rock fwd on R, Recover back to L, Step R back slightly behind L |
| 7-&-8 | Step back on L, Step R beside L, Step L fwd |

**Tag 1 – 16 counts**

**T1S1: Brush Hitch Step, Step Hold, Chug 1/2 Turn**

| | |
|---|---|
| 1-&-2 | Brush R fwd, Hitch R knee up, Step R out to R |
| 3 – 4 | Small step out to L with L, Hold count 4 |
| 5678 | Chug ½ Turn to the L (L foot in place Chug/Scoot R foot around for ½ Turn) |

**T1S2: Chug ½ Turn, Kick-Hook**

| | |
|---|---|
| 1234 | Continue with another ¼ Turn L with R Chug Step |
| 5-6-7 | Finish Full Turn Chug by continuing another ¼ L chugging the R (on count 7 you should be back ☐at 12 o'clock and take full weight on count 7 on the R) |
| & - 8 | Small low kick fwd with the L, Hook L over the R (in the air) |

**Tag 2 – 16 counts**

**T2S1: Rolling Vine L, Side Touch & Hold, & Touch & Touch**

| | |
|---|---|
| 1234 | ¼ Turn L stepping L fwd, ½ Turn L stepping R back, ¼ Turn L stepping L to L, Cross R over L |
| &5 – 6 | Small step out to L with L, Touch R toe beside L (R knee bent), Hold count 6 |
| &7&8 | Small step out to R with R, Touch L beside R, Small step out to L with L, Touch R beside L |

**T2S2: Rolling Vine R, Side Touch & Hold, & Touch, Touch Cross**

| | |
|---|---|
| 1234 | ¼ Turn R stepping R fwd, ½ Turn R stepping L back, ¼ Turn R stepping R to R, Cross L over R |
| &5 – 6 | Small step out to R with R, Touch L toe beside R (L knee bent), Hold count 6 |
| &7&8 | Small step out to L with L, Touch R beside L, Touch R toe out to R, Cross Step R over L |

**Tag 2 you do 3 Times in a row, right after Tag 1. On the last Rolling Vine R and touches, instead of Cross Step you Touch R out to R count (&), Touch R beside L count (8) so you can go into B walking forward to 12**

o’clock with the R foot.

You finish with Tag 2, but after the very last C before you go into Tag 2..You have to do Brush Hitch Step on the R (1 & 2), Then Hold counts (3 4), Then start your rolling vine L.

SEQUENCE:☐A, B, C, A, B, C, Tag 1, Tag 2, Tag 2, Tag 2 with touch on end, B, C, Tag 2 to finish

AS ALWAYS…….IT’S NOT THAT HARD…..JUST FAST

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