What's Cooking?



Count: 48 Wall: 4 Level: Phrased High Intermediate

Choreographer: Debbie Rushton (UK) - January 2016

Music: Like a Mack (feat. Curly Fryz) - Prince



Count In: 5 seconds - on beat and lyrics 'Roll up into town...'

PART A - 32 counts

A1: WALK WALK 1/4 CROSS 1/4 TURN, STEP 1/2 TURN 1/4 DRAG, BEHIND 1/4 TURN STEP FORWARD

1 2 Walk forward R, Walk forward L

&3 4 Make ¼ turn L stepping R to R side, Cross L over R, Make ¼ turn R stepping R forward

(12o'c)

5&6 Step L forward, Pivot ¾ turn R taking weight onto R, Step L to L side (9 o clock)
7&8 Cross R behind L, Make ¼ turn L stepping L forward, Step R forward (6 o clock)

A2: BOOGIE WALKS x3, MAMBO STEP & 1/4 TOUCH, SIDE SHUFFLE

1&2 Bending knees slightly, run forward L, R, L

3&4 Rock forward onto R, Recover weight back onto L, Step back on R

&5 6 Step back on L, Make ¼ turn R stepping R big step to R side, Touch L beside R (9 o clock)

7&8 Step L to L side, Step R beside L, Step L to L side

A3: CROSS ROCK SIDE ROCK, CROSS ¾ UNWIND, HIP ROLL x2 &

1&2&	Cross rock R over L, Recover weight onto L, Rock R out to R side, Recover weigh onto L
3 4	Cross R over L, Unwind ¾ turn over L shoulder ending with weight on L (12 o clock)
5 6	Step R out to R side and roll hips counter-clockwise from L to R (taking weight onto R)

7 8& Roll hips clockwise From R to L (taking weight onto L), Step onto R foot

A4: CROSS SIDE BEHIND SIDE CROSS SIDE ROCK, CROSS SIDE ROCK, CROSS 1/4 TURN 1/2 TURN

1&2&	Cross L over R, Step R to R side, Cross L behind R, Step R to R side
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Cross L over R, Rock R out to R side, Recover weight onto L
 Cross R over L, Rock L out to L side, Recover weight onto R

7&8 Cross L over R, Make ¼ turn L stepping back on R, Make ½ turn L stepping L forward (3 o'c)

PART B - 16 counts

B1: SIDE TOGETHER SIDE TOUCH x2

Step R to R side, Step L beside R, Step R to R side, Touch L beside R

Step L to L side, Step R beside L, Step L to L side, Touch R beside L

B2: HEEL, HEEL, BACK, BACK, BUMP & BUMP 1/2 TURN, ROCK, RECOVER, COASTER STEP

&1&Z	Step R forward to R diagonal using R neel, Step L forward to L diagonal using L neel, Step R

back in place, Step L beside R

3&4 Step R fwd bumping R hip forward, Take weight back onto L & bump L hip back, Take weight

forward onto R bumping R hip forward whilst making ½ turn L (weight ends back on R)

Rock forward on L, Recover weight back onto R
Step back on L, Step R beside L, Step L forward

TAG: CROSS BACK SIDE CROSS, SIDE DRAG STEP

1&2& Cross R over L, Step L back, Step R to R side, Cross L over R
3 4 Step R big step to R side whilst dragging L up to R, Step L beside R

SEQUENCE:-

Clock directions are where each wall STARTS

^{*} Make these steps funky please!

A □12 o clock A □3 o clock – Dance up to Count 16 (L side shuffle) and go straight into the tag TAG □12 o clock B □12 o clock A□6 o clock A□9 o clock A□12 o clock - Dance up to Count 16 (L side shuffle) and go straight into the tag TAG□9 o clock B□9 o clock B□9 o clock B□9 o clock
A□12 o clock - Dance up to Count 16 (L side shuffle) and go straight into the tag TAG□9 o clock□□ A□9 o clock□
A □ 12 o clock - Dance up to Count 16 (L side shuffle) and go straight into the tag TAG □ 9 o clock □ A □ 9 o clock TAG □ 12 o clock A □ 12 o clock A □ 12 o clock B □ 12 o clock TAG □ 12 o clock TAG □ 12 o clock
NOTES!! On *almost* every 'A' which goes into a Tag, he sings 'WHAT'S COOKING?' when you are dancing counts '&13'. This is your cue that a tag is going to happen after count 16!
The only time this doesn't happen is on the 5th Tag which comes at the END of A so you just have to remember that one.
I PROMISE IT'S NOT AS SCARY AS IT LOOKS. YOU CAN HEAR IT IN THE SONG.
WHAT'S COOKING?? A TAG!

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