

# Secret Recipe

Count: 32

Wall: 4

Level: Improver

Choreographer: Deb Crew (CAN)

Music: Take That - Lisa Brokop



## SHUFFLE FORWARD, ROCK-STEP

- 1 Step forward with right foot
- & Step left foot next to right foot
- 2 Step forward with right foot
- 3 Step forward with left foot
- 4 Rock back onto right foot

## STEP BACK, KICK, SHUFFLE BACK

- 5 Step back with left foot
- 6 Kick right foot forward
- 7 Step back with right foot
- & Step left foot next to right foot
- 8 Step back with right foot

## ROCK-STEP, SHUFFLE FORWARD

- 9 Step back with left foot
- 10 Rock forward onto right foot
- 11 Step forward with left foot
- & Step right foot next to left foot
- 12 Step forward with left foot

## STEP, SCUFF, SHUFFLE FORWARD

- 13 Step forward with right foot
- 14 Scuff left heel forward
- 15 Step forward with left foot
- & Step right foot next to left foot
- 16 Step forward with left foot

## STEP, ½ TURN, SIDE SHUFFLE

- 17 Step forward with right toe/ball
- 18 Pivot ½ turn left on ball of left foot
- 19 Step to right side with right foot
- & Step left foot next to right foot
- 20 Step to right side with right foot

## CROSS-ROCK, KICK-BALL-CROSS

- 21 Step across behind right leg with left foot
- 22 Rock forward onto right foot
- 23 Kick left foot forward
- & Step ball of left foot next to right foot
- 24 Step across in front of left leg with right foot

## KICK-BALL-CROSS, SIDE SHUFFLE

- 25 Kick left foot forward
- & Step ball of left foot next to right foot
- 26 Step across in front of left leg with right foot

27 Step to left side with left foot  
& Step right foot next to left foot  
28 Step to left side with left foot

#### **CROSS-ROCK, KICK-BALL-CROSS/TURN**

29 Step across behind left leg with right foot  
30 Rock forward onto left foot  
31 Kick right foot forward  
& Step ball of right foot next to left foot  
32 Crossing in front of right leg, step  $\frac{1}{4}$  turn right with left foot

#### **REPEAT**

**FINISHING TOUCH:** Towards the end of the song the music slows down. Complete the dance but do not make the  $\frac{1}{4}$  turn on count 32. The weight will be on your left foot. Hold this position for several beats of music. On the 4th beat of the faster music, do the following steps to end the dance.

#### **EIGHT SHUFFLE IN PLACE: (CLOGGING)**

1&2& Shuffle in place: right-left-right- scuff left heel forward  
3&4& Shuffle  $\frac{1}{4}$  turn left: left-right-left-scuff right heel forward  
5&6& Shuffle in place: right-left-right- scuff left heel forward  
7&8& Shuffle  $\frac{1}{4}$  turn left: left-right-left-scuff right heel forward

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5&6& Shuffle in place: right-left-right- scuff left heel forward  
7&8& Shuffle  $\frac{1}{4}$  turn left: left-right-left-scuff right heel forward

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