

Cookin'

拍数: 32 墙数: 4 级数: Improver
编舞者: Evan VanScoyk (USA) - September 2023
音乐: Mind Over Matter - Anthony Ramos



No tags, no restarts

Dance begins after 16 counts on lyrics

TOUCH SIDE R-L, BEHIND SIDE CROSS, R ROCK, RECOVER, CHEST POPS

1&2 Touch R to right side (1), Step R together (&), Touch L to left side (2)
3&4 Step L behind R (3), Step R to right side (&), Step L across R (4)
5 6 Rock R to right side (5), Recover weight onto L (6)
7 8 Pop chest (7), Pop chest (8)

Styling: Place R hand over chest when doing chest pops out in out like breathing

R ACROSS KICK BALL STEP X2 (TRAVELING LEFT) & ¼ LEFT, R ROCKING CHAIR

1&2 Kick R across L (1), Step onto ball of R (&), Step L left (2)
3&4 Kick R across L (3), Step onto ball of R (&), Step L left while turning ¼ left (4)
5 6 Rock R forward (5), Recover weight onto L (6)
7 8 Rock R backward (7), Recover weight onto L (8)

HEEL SWITCH, SCUFF HITCH ¼ STOMP, HIP BUMPS, L SAILOR

1&2& Touch R heel fwd (1), Step R together (&), Touch L heel fwd (2), Step L together (&)
3&4 Scuff R fwd (3), Hitch R (&), Turn ¼ left while stepping R down in place (4)
5&6 Hip bump to right (5), Hip bump back to left (&), Hip bump to right (6)
7&8 Step L behind R (7), Step R to right side (&), Step L to left (8)

R TOUCH & ¼ L HEEL JACK, R TOUCH & L HEEL JACK, R BIG STEP FWD, DRAG L TOGETHER, KNEE POPS/HEEL LIFTS

1&2& Touch R beside L (1), Step R slightly back while turning ¼ left (&), Tap L heel (2), Step down onto L (&)
3&4& Touch R beside L (3), Step R slightly back (&), Tap L heel (4), Step down onto L (&)
5 6 Big step R fwd (5), Drag L together (6)
7 8 Pop R knee/Lift R heel (7), Pop L knee/Lift L heel (8)

>> Begin Again

For questions or more dances find me on Facebook @EvanVChoreography

Last Update: 23 Sep 2023