

What's Cooking?

Count: 48 **Wall:** 4 **Level:** Phrased High Intermediate
Choreographer: Debbie Rushton (UK) Jan. 2016
Music: Like A Mack by Prince (ft Curly Fryz) 4:04

Count In: 5 seconds – on beat and lyrics ‘Roll up into town...’

PART A – 32 counts

A1: WALK WALK ¼ CROSS ¼ TURN, STEP ½ TURN ¼ DRAG, BEHIND ¼ 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'clock)
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 & ¼ 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 weight 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 ¼ TURN ½ TURN

1&2& Cross L over R, Step R to R side, Cross L behind R, Step R to R side
3&4 Cross L over R, Rock R out to R side, Recover weight onto L
5&6 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'clock)

PART B – 16 counts

B1: SIDE TOGETHER SIDE TOUCH x2

1234 Step R to R side, Step L beside R, Step R to R side, Touch L beside R
5678 Step L to L side, Step R beside L, Step L to L side, Touch R beside L

*** Make these steps funky please!**

B2: HEEL, HEEL, BACK, BACK, BUMP & BUMP ½ TURN, ROCK, RECOVER, COASTER STEP

&1&2 Step R forward to R diagonal using R heel, Step L forward to L diagonal using L heel, 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)
5 6 Rock forward on L, Recover weight back onto R
7&8 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

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 3 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
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 3 o clock - Dance up to Count 16 (L side shuffle) and go straight into PART B
B 12 o clock
B 12 o clock
TAG 12 o clock to FINISH!

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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