

# Soul Food To Go

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**Count:** 88

**Wall:** 1

**Level:** Phrased Intermediate

**Choreographer:** Carrie Bauer (May 2020)

**Music:** "Soul Food to Go" by Manhattan Transfer (Album: The Very Best of the Manhattan Transfer 1994), Length 5:11

**Intro: 64 counts - Sequence: AB AAB- AB AAB**

**PART A (64 counts):**

**[1-8] SAMBA RIGHT AND LEFT, ROCK RECOVER RIGHT FORWARD, 2-POINT FULL TURN RIGHT AND BACK (12:00)**

**1&2** Cross L over R (1), rock R to right side (&), recover L (2)

**3&4** Cross R over L (3), rock L to left side (&), recover R (4)

**5-6** Rock L forward (5), recover R (6)

**7-8** Step L 1/2 back turning left (7), step R 1/2 back turning left (8)

**[9-16] ROCK RECOVER RIGHT BACK, STEP RIGHT FORWARD, TAP LEFT BEHIND, SCISSORS LEFT AND RIGHT MOVING 1/8 LEFT TO CORNER (10:30)**

**1-2** Rock L back (1), recover R (2)

**3-4** Step L forward (3), tap R toe behind L (4)

**5&6** Step R to right side (5), step L next to R (1/8 right to corner) (&), cross R over L (6)

**7&8** Step L to left side (7), step R next to L (&), cross L over R (8)

**[17-24] ROCK RECOVER LEFT FORWARD WITH HOOK FRONT LEFT, ROCK RECOVER LEFT FORWARD WITH RIGHT HOOK (FLICK) BEHIND, BEHIND SIDE FORWARD (L/R/L) 1/4 RIGHT, STEP RIGHT FORWARD, TWIST HEELS RIGHT AND CENTER (1:30)**

**1-2** Rock R forward (1), recover L hooking R in front of L (2)

**3-4** Rock R forward hooking (flicking) L behind R (3), recover L (4)

**5&6** Step R behind L (5) (square to 12:00), step L 1/8 left (&) (1:30) step R forward (6)

**7&8** Step L forward (7), twist both heels left (&), recover to center (8) (weight on R)

**[25-32] FORWARD ROCK RECOVER LEFT, BACK LOCK STEPS LEFT, TRIPLE 1/2 BACK RIGHT X 2 (1:30)**

**1-2** Rock R forward (1), recover L (2)

- 3&4** Step R back (3), cross L over R (&), step R back (4)
- 5&6** Step L ¼ left (5), step R next to L (&), step L ¼ left forward (6) (7:30)
- 7&8** Step R ¼ left (7), step L next to R (&), step R ¼ left forward (8)

**[33-42] ROCK RECOVER RIGHT BEHIND, STEP RIGHT SIDE, STEP LEFT BEHIND, STEP RIGHT 1/4 (3:00), STEP R FORWARD, TRIPLE 1/4 RIGHT (VOLTA HOLDING ARM FORWARD, ELBOW TO WAIST, PALM UP) (6:00)**

- 1-2** Rock L behind R (1), recover R (2)
- 3-4** Step L to left side (3), step R behind L (4) (square to 12:00)
- 5-6** Step L ¼ left (5), step R forward (6) (3:00)
- 7&8** Step L 1/8 left (7), ball step R next to L (&), step L 1/8 turn left (8) (6:00)

**(During the Volta on 7&8, hold your left arm out, elbow to waist, palm up)**

**[43-48] STEP SWEEP FORWARD LEFT AND RIGHT, MAMBO FORWARD LEFT, MAMBO BACK RIGHT (6:00)**

- 1-4** Step R forward (1), sweep L forward (2), step L forward (3), sweep R forward (4)
- 5&6** Rock R forward (5), recover L (&), step R next to L (6)
- 7&8** Rock L back (7), recover R (&), step L next to R (8)

**[49-56] RHUMBA BOX LEFT AND BACK WITH LOCK STEPS (6:00)**

- 1-2** Step R to right side (1), step L next to R (2)
- 3&4** Step R back (3), cross L over R (&), step R back (4)
- 5-6** Step L to left side (5), step R next to L (6)
- 7&8** Step L forward (7), lock R behind L (&), step L forward (8)

**[57-64] ROCK RECOVER FORWARD LEFT, SAILOR 1/2 LEFT, STEP DRAG/TOUCH DIAGONAL FORWARD RIGHT AND LEFT (12:00)**

- 1-2** Rock R forward (1), recover L (2)
- 3&4** Sweep R behind L turning ½ right (3), step L to left side (&), step R to right side (4)
- 5-6** Step L forward diagonal (5), drag R to L and touch (6)
- 7-8** Step R forward diagonal (7), drag L to R and touch (8)

**B (24 counts):**

### **[1-8] NIGHTCLUB RIGHT, VINE LEFT WITH BRUSH RIGHT**

**1-4** Step L to left side (1), hold (2), rock R behind L (3), recover L (4)

**5-8** Step R to right side (5), step L behind R (6), step R to right side (7), brush L (8)

### **[9-16] COASTER RIGHT FORWARD, COASTER LEFT BACK, MAMBO RIGHT AND LEFT**

**1&2** Step L forward (1), step R next to L (&), step L back (2)

**3&4** Step R back (3), step L next to R (&), step R forward (4)

**5&6** Rock L to left side (5), recover R (&), step L next to R (6)

**7&8** Rock R to right side (7), recover L (&), step R next to L (8)

### **[17-24] MONTEREY ½ X 2**

**1-2** Point L to left side (1), spin ½ left on R and step L next to R (2)

**3-4** Point R to right side (3), step R next to L (4)

**5-8** Repeat 1-4

### **B- (16 counts) (second and third 8 counts of B):**

### **[1-8] COASTER RIGHT FORWARD, COASTER LEFT BACK, MAMBO RIGHT AND LEFT**

**1&2** Step L forward (1), step R next to L (&), step L back (2)

**3&4** Step R back (3), step L next to R (&), step R forward (4)

**5&6** Rock L to left side (5), recover R (&), step L next to R (6)

**7&8** Rock R to right side (7), recover L (&), step R next to L (8)

### **[9-16] MONTEREY ½ X 2**

**1-2** Point L to left side (1), spin ½ left on R and step L next to R (2)

**3-4** Point R to right side (3), step R next to L (4)

**5-8** Repeat 1-4

**Please do not alter this stepsheet without permission. Questions or concerns may be directed to me at [linedancelawyer@yahoo.com](mailto:linedancelawyer@yahoo.com).**

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