

Soul Food

Count: 32

Wall: 4

Level: Beginner

Choreographer: Silvia Schill (DE) - August 2021

Music: Soul Food - Keith Urban



The dance begins after 48 beats with 'Every Night That I've Been 2'. Update 15.08.2021 - no restarts, no tags

Rock side, shuffle across r + l

- 1-2 Step right with right - weight back on LF
- 3&4 Cross RF far over left - small step left with left and cross RF far over left
- 5-6 Step left with left - weight back on RF
- 7&8 Cross LF far over right - small step right with right and cross LF far over right

Side, behind, ¼ turn r/chassé forward, step, pivot ½ r, shuffle forward

- 1-2 Step right with right - cross LF behind right (bend knees a little)
- 3&4 ¼ turn right around and step forward with right - move LF next to right and step forward with right (3 o'clock)
- 5-6 Step forward with left - ½ turn right around on both balls, weight at the end right (9 o'clock)
- 7&8 Step forward with left - move RF next to left and step forward with left

Rocking chair, step, pivot ½ l 2x

- 1-2 Step forward with right - weight back on LF
- 3-4 Step back with right - weight back on LF
- 5-6 Step forward with right - ½ turn left around on both balls, weight at the end left (3 o'clock)
- 7-8 As 5-6 (9 o'clock)

Jazz box with cross, side, touch/snap r + l

- 1-2 Cross RF over left - step back with left
- 3-4 Step left with left - cross RF over left
- 5-6 Step right with right - touch LF next to right/snap
- 7-8 Step left with left - touch RF next to left/snap

Repeat to the end
