

What's On The Menu?

48 Count, 4 Wall, Intermediate

Choreographer: Joanne Brady (USA) Oct 2009

Choreographed to: A Little Meat on the Side
by Sea Cruz

Dance begins 48 counts in on the vocals

WALK, WALK, ANCHOR STEP, COASTER STEP, KICK BALL CHANGE

- 1-2 Step right forward, step left forward
- 3&4 Cross right behind left, cross left over right moving back, step right back
- 5&6 Step left back, step right together, step left forward
- 7&8 Kick right forward, step on ball of right, step left together

½ PIVOT LEFT, ANCHOR TRIPLE WITH A TURN ¼ LEFT, LEFT SWEEPING SAILOR, KICK BALL CHANGE

- 1-2 Step right forward, turn ½ left (weight to left)
- 3&4 Cross right behind left, cross left over right, turn ¼ left and step right back
- 5&6 Sweep left around and behind right, step right together, step left forward
- 7&8 Kick right forward, step on ball of right, step left together

STEP LOCK & STEP LOCK (WIZARD OR DOROTHY STEP), SYNCOPATED ROCKING CHAIR

- 1-2& Step right forward, step left forward behind right, step right forward
 - 3-4& Step left forward, step right forward behind left, step left forward
 - 5&6& Rock right forward, recover to left, rock right back, recover to left
 - 7&8& Rock right forward, recover to left, rock right back, recover to left
- Option for count 5,6,7,8 would be a basic rocking chair without the syncopation)

WEST COAST SWING WHIP PATTERN

- 1-2 Step forward with right, turn ½ right, step back with left
- 3&4 Step back with right, step together with left, step forward with right
- 5-6 Step forward with left, turn ½ left, step back with right
- 7-8 Step back with left, hold with weight on left while dragging right toe next to left

RIGHT LINDY, LEFT LINDY

- 1&2 Step right to side, step left together, step right to side
- 3-4 Rock back to left, recover to right
- 5&6 Step left to side, step right together, step left to side
- 7-8 Rock right back, recover to left

STEP, TOUCH, STEP, TOUCH, SYNCOPATED HEEL & TOE TOUCHES

- 1-2 Step to right while bending right knee (sitting position), touch left toe forward diagonally
 - 3-4 Step to left while bending right knee (sitting position), touch right toe forward diagonally
- Option: Those of you who can do an awesome body roll, this would be the place
- &5&6 Step right back, touch left heel forward, step left in place, touch right toe next to left
 - &7&8 Step right back, touch left heel forward, step left in place, touch right toe next to left