STEPPIN'OFF



THEPage



Approved by:



Bread On The Table

2 WALL – 64 COUNTS – IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1 1 - 2 3 - 4 5 - 6 7 - 8 Restart	Heel Together x 2, Stomp x 2, Right Toe Fan Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right. Stomp right in place. Stomp left in place. Fan right toes out. Return toes to centre (weight on right). Wall 2 (facing 6:00): Start the dance again (weight onto left).	Heel Together Heel Together Stomp Stomp Fan Right	On the spot
Section 2 1 - 4 5 - 6 7 - 8 Tag	Left Toe Fan x 2, Right Toe Fan, Heel, Hook Fan left toes out. Return toes to centre. Fan left toes out. Return toes to centre. (Weight on left) Fan right toes out. Return toes to centre. Touch right heel forward. Hook right across left. Wall 5: (facing 6:00) Dance 2-count Tag then start the dance again.	Out In Out In Fan Right Heel Hook	On the spot
Section 3 1 – 4 5 – 8	Forward Lock Step With Brush x 2 Step right forward. Lock left behind right. Step right forward. Brush left forward. Step left forward. Lock right behind left. Step left forward. Brush right forward.	Right Lock Right Brush Left Lock Left Brush	Forward
Section 4 1 – 4 5 – 8	Step, Pivot 1/4, Cross, Hold, Grapevine Cross Step right forward. Pivot 1/4 turn left. Cross right over left. Hold. (9:00) Step left to left side. Cross right behind left. Step left to side. Cross right over left.	Step Pivot Cross Hold Grapevine Cross	Turning left Left
Section 5 1 – 4 5 – 8	Rumba Box Forward Step left to left side. Step right beside left. Step left forward. Hold. Step right to right side. Step left beside right. Step right back. Hold.	Side Together Step Hold Side Together Back Hold	Forward Back
Section 6 1 - 2 3 - 4 5 - 8	1/4 Turn, Together, Step, Hold, Cross Rock, Side, Hold Turning 1/4 left step left to left side. Step right beside left. (6:00) Step left forward. Hold. Cross rock right over left. Recover onto left. Step right to right side. Hold.	Quarter Together Forward Hold Cross Rock Side Hold	Turning left Forward On the spot
Section 7 1 - 2 3 - 4 5 - 8	Cross Rock, 1/4 Turn, Hold, Step, Pivot 1/4, Cross, Hold Cross rock left over right. Recover onto right. Turning 1/4 left step left forward. Hold. (3:00) Step right forward. Pivot 1/4 left. Cross right over left. Hold. (12:00)	Cross Rock Quarter Hold Step Pivot Cross Hold	On the spot Turning left
Section 8 1 – 4 5 – 8	Side Rock, Forward, Hold, Step, Pivot 1/2, Run Run Rock left to left side. Recover onto right. Step left forward. Hold. Step right forward. Pivot 1/2 left. Run forward - right, left. (6:00)	Side Rock Step Hold Step Pivot Run Run	Forward Turning left
Tag 1 – 2	During Wall 5 (after Section 2): Heel, Hook Touch right heel forward. Hook right across left. Then begin the dance again.	Heel Hook	On the spot

Choreographed by: Alison Biggs and Peter Metelnick (UK) March 2013

Choreographed to: 'Bread On The Table' by Exile (178 bpm) from EP People Get Ready;

download available from amazon.co.uk or iTunes

(32 count intro - start on verse vocal)

Restart/Tag: One Restart during Wall 2, one short Tag during Wall 5 (then Restart)



A video clip of this dance is available at www.linedancermagazine.com