

Dancin' In The Kitchen

64 Count, 4 Wall, Improver, East Coast Swing

Choreographer: Teri Rogers (USA) July 08

Choreographed to: Dancin' In The Kitchen by Rick Scanlan;
I Ain't No Quitter by Shania Twain (162 bpm) Greatest Hits

CHARLESTON, HOLD

- 1-2 Swing right leg around and touch toes forward, hold
- 3-4 Swing right leg around back and step right together, hold
- 5-6 Swing left leg around back and touch toes forward, hold
- 7-8 Swing left around forward and step left together, hold

SKATE, HOLD, SKATE, HOLD, ROCK, RECOVER, STEP HOLD

- 1-2 Skate right side, hold
- 3-4 Skate left, hold
- 5-6 Rock right back, recover on left
- 7-8 Step right forward, hold

SKATE, HOLD, SKATE, HOLD, ROCK, RECOVER, STEP, HOLD

- 1-2 Skate left, hold
- 3-4 Skate right, hold
- 5-6 Rock left back, recover on right
- 7-8 Step left forward, hold

CROSS ROCK, RECOVER, STEP RIGHT, HOLD, BEHIND, SIDE, FRONT, HOLD

- 1-2 Cross rock right over left, recover on left
- 3-4 Step right to side, hold
- 5-6 Cross left behind right, right to right side
- 7-8 Cross left over right, hold

RIGHT SIDE ROCK, RECOVER TURNING ¼ LEFT, LEFT BACK COASTER, HOLD

- 1-2 Rock right to side, turning ¼ left, (9:00) step left forward
- 3-4 Step right together, hold
- 5-6 Step left back, right back
- 7-8 Step left forward, hold

HEEL STRUTS, CLAP RIGHT, LEFT, RIGHT, LEFT

- 1-2 Step right forward heel, slap right toes and clap
- 3-4 Step left forward heel, slap left toes and clap
- 5-6 Step right forward heel, slap right toes and clap
- 7-8 Step left forward heel, slap left toes and clap

SIDE ROCK RIGHT, RECOVER TURNING ¼ LEFT, STEP FORWARD, TURN ¼ RIGHT

- 1-2 Rock right to side, recover on left turning ¼ left (6:00)
- 3-4 Step right forward, hold
- 5-6 Step left forward, pivot ¼ right stepping right forward (9:00)
- 7-8 Step left together, hold

CHARLESTON, HOLD

- 1-2 Swing right leg around and touch toes forward, hold
- 3-4 Swing right leg around back and step right together, hold
- 5-6 Swing left leg around back and touch toes forward, hold
- 7-8 Swing left around forward and step left together, hold

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