## STEPPIN'OFF





Approved by:



## Liquid Lunch

| 2 WALL – 64 COUNTS – INTERMEDIATE                          |                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                      |                                           |
|------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------|
| STEPS                                                      | Actual Footwork                                                                                                                                                                                                                                                                                                                                                                                                 | Calling<br>Suggestion                                                | DIRECTION                                 |
| Section 1<br>1 - 2<br>& 3 & 4<br>5 & 6 &<br>7 - 8          | Forward Right Left, Apart & Bounce, Heel Jack, Cross, Side Step right forward. Step left forward. Step right apart. Step left apart. Raise heels. Drop heels down (weight onto left). Cross right over left. Step left back. Touch right heel forward. Step right back. Cross left over right. Step right to right side.                                                                                        | Right Left<br>Out Out & Bounce<br>Cross & Heel &<br>Cross Side       | Forward<br>On the spot<br>Right           |
| Section 2  1                                               | 1/4 Coaster, Charleston Coaster, Ball Step x 2 Sweeping left to back turn 1/4 left and step left back. Step right beside left. Step left forward. (9:00) Touch right forward. Step right back. Step left back. Step right beside left. Step left forward. Step right behind left. Step left forward. Step right behind left. Step left forward.                                                                 | Quarter Coaster  Touch Back Coaster Step Ball Step Ball Step         | Turning left On the spot Forward          |
| Section 3<br>1 – 4<br>5 & 6 &<br>7 & 8                     | Step, Pivot 1/2, Step, Pivot 1/4, Syncopated Cross Rock, Toe Switches, Step Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/4 turn left. (12:00) Cross rock right over left. Recover onto left. Touch right to side. Step right beside left. Touch left to side. Step left beside right. Step right forward.                                                                               | Step Pivot Step Pivot<br>Cross Rock Touch &<br>Touch & Step          | Turning left<br>On the spot               |
| Section 4<br>1 – 2 &<br>3 – 6<br>7 & 8                     | Forward Rock, Back, Touch, Step, Step, Pivot 1/2, Forward Shuffle Rock forward on left. Recover onto right. Step left back. Touch right beside left. Step right forward. Step left forward. Pivot 1/2 turn right. (6:00) Step left forward. Close right beside left. Step left forward.                                                                                                                         | Rock Forward &<br>Touch Step Step Pivot<br>Left Shuffle              | On the spot<br>Turning right<br>Forward   |
| Section 5<br>1 - 2 &<br>3 - 4<br>5 & 6<br>7 - 8<br>Restart | Side Rock & Side Rock, 1/2 Turn Coaster, Step, Pivot 1/2 Rock right to right side. Recover onto left. Step right beside left. Rock left to left side. Recover onto right. Turning 1/2 left sweep left to back and step left back. Step right beside left. Step left forward. Step right forward. Pivot 1/2 turn left. (6:00) Walls 2 and 4: Start the dance again (facing front wall).                          | Side Rock &<br>Side Rock<br>Half Turn Coaster<br>Step Pivot          | On the spot<br>Turning left               |
| Section 6<br>1 – 2 &<br>3 – 4<br>5 – 6<br>7 – 8<br>Option  | Step, Hold, & Step, Touch Forward, Touch Back, 1/2 Turn, 1/2 Turn, 1/4 Turn Step right forward. Hold. Step left beside right. Step right forward. Touch left forward. Touch left back. Turn 1/2 left taking weight onto left. (12:00) Turning 1/2 left step right back. Turning 1/4 left step left to left side. (3:00) Counts 6 – 8: (Weight on left) Turn 1/4 left, Cross right over left, Step left to side. | Step Hold &<br>Step Touch<br>Touch Turn<br>Half Quarter              | Forward<br>Turning left                   |
| Section 7<br>1 & 2<br>3 & 4<br>5 - 6<br>& 7 & 8            | Cross Samba x 2, Cross, 1/4 Turn, Ball Cross Ball Cross Cross right over left. Rock left to side. Recover onto right. Cross left over right. Rock right to side. Recover onto left. Cross right over left. Turning 1/4 right step left back. (6:00) Step right back. Cross left over right. Step right to right side. Cross left over right.                                                                    | Cross Samba<br>Cross Samba<br>Cross Quarter<br>Ball Cross Ball Cross | Forward<br>Turning right<br>Right         |
| Section 8<br>1 - 3<br>4 &<br>5 - 6<br>7 & 8                | Step, Kick, Back, Behind & Step, Kick, Coaster Step (To right diagonal) Step right forward. Kick left forward. Step left back. (7:30) Step right behind left. Step left to side (squaring up to wall). (6:00) (To left diagonal) Step right forward. Kick left forward. (4:30) Step left back. Step right beside left squaring up to wall. Step left forward. (6:00)                                            | Step Kick Back<br>Behind &<br>Step Kick<br>Coaster Step              | Forward<br>Left<br>Forward<br>On the spot |

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

Choreographed to: 'Liquid Lunch' by Caro Emerald (112 bpm) from CD The Shocking Miss Emerald (3 mins 59 secs); download available from amazon.co.uk or iTunes (32 count intro - start when beat kicks in on verse vocal)

**Restarts:** 2 Restarts, both after Section 5 (facing front) in Walls 2 and 4



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