

Soul Food

72 Count, 1 Wall, Advanced

Choreographer: Lorenzo Evans

Choreographed to: Collard Greens and Cornbread by
Fantasia [CD: Back to Me]

Intro: 16

Step Description by Debi Pancoast as translated from YouTube video Music phrase with the music meaning it's meant to be danced as the instrumental notes hit rather than beats counted, but here's a solid effort at breaking it down for you anyway. Dance it low and grounded and let your body get into the groove. The first 32 counts are actually 8 counts done 4 times. You rotate turn ¼ left during each 8 counts to end at your front wall

STEP, HOOK, SWING, BEHIND-¼-BALL-COASTER-STEP, BRUSH, HITCH, BALL-STEP-HEEL-OUT-IN-HEEL-OUT-STEP

- 1-2-3 Step right forward; step/hook left behind right; swing right from front to back
&a4 Cross right behind left; turn ¼ left and step forward on ball of left; step together on ball of right
&a5 "Coaster" left: step back on ball of left; step together on ball of right, step left forward
6&a7 Slowly brush right foot forward into right hitch; step together on ball of right; step in place left; touch right toe forward
&a8 Swivel right heel "out" right; swivel right heel "in" center; step in place right
&a Swivel left heel "out" left; swivel left heel "in" and step in place left
9-16 Repeat counts 1-8
17-24 Repeat counts 1-8
25-32 Repeat counts 1-8

For counts 33-40 the runs are small, high, quick steps - so pick those feet up

RUN BACK STAMP STAMP, RUN BACK STAMP STAMP, STEP STAMP STAMP, STEP STAMP STAMP, RUN IN PLACE FULL TURN

- 1&a2 Small steps running back right, left, right, left
&A Stamp (un-weighted stomp) right foot slightly forward twice
3&a4 Small steps running back right, left, right, left
&A Stamp right foot slightly forward twice
5&a Step right to side; stamp left foot slightly forward twice
6&a Step left to side; stamp right foot slightly forward twice
7&a8&a Run in place right, left, right, left, right, left making a full turn left (ending at front wall) with arms slightly out to sides during turn
Counts 41-48 are like skating and pushing off a few times on one foot to go faster, then switching feet

PUSH RIGHT, RIGHT, RIGHT, RIGHT, PUSH LEFT, LEFT, LEFT, LEFT

- 1&2&3&4 With body and left foot angled towards front left corner, keep knees bent and push-slide right foot to right side and bring back in to center 4 times &Take weight on right
Arms for 1-4: slowly circle your right arm out forward and into your chest over the 4 counts, ending with fist closed
5-6-7-8 With body and right foot angled towards front right corner, keep knees bent and push-slide left foot to left side and bring back in to center 4 times &Take weight on left
Arms for 5-8: leave your right arm in at your chest and slowly circle your left arm out forward and into your chest over the 4 counts ending with fist closed
Counts 49-54 are groovin' and swayin'

STEP-TOUCH, STEP-TOUCH, STEP-TOUCH, STEP-TOUCH, ROCK, RECOVER, RUN IN PLACE FULL TURN

- 1&2&3 Sway-step right forward to slight right diagonal; touch left together; sway-step left forward left to slight left diagonal, touch right together
3&4&5 Sway-step right forward to slight right diagonal; touch left together; sway-step left forward left to slight left diagonal, touch right together
Arms for 1-4: while you sway your body during your steps, also sway both arms naturally side to side, so as you step with your left, you "drum" down and centre with your right arm as your left arm swings slightly up and to the side, then swing right arm up as left arm drums down when you step with your right.
5-6 Open body to right diagonal and rock right back; return body to front as you recover to left
7&a8a Run in place right, left, right, left, right, left making a full turn left (ending at front wall)
Counts 57-72 have a comfy dig step with some cool arm highlights, but read through because they're slightly different in each 8 counts

DIG RIGHT, STEP, DIG LEFT, STEP, DIG RIGHT, STEP, OUT AND UUUUUUP

- 1-2 Bend slightly forward from waist with slight twist to right, with left arm up and bent over right knee and right arm slightly back and bent while you bend right knee and touch full right foot in place; maintain body position and step right foot in place

-
- 3-4 Bend slightly forward from waist with slight twist to left, with right arm up and bent over left knee and left arm slightly back and bent while you bend left knee and touch full left foot in place; maintain body position and step left foot in place
- 5 Bend slightly forward from waist with slight twist to right, with left arm up and bent over right knee and right arm slightly back and bent while you bend right knee and touch full right foot in place
- 6-7-8 Triple in place right, left, right
Arms for 6&7-8: in the music, the lyrics have a "woo hoo hoooooo", which are highlighted over these counts with the arms: right arm/hand goes out to right side on 6 (woo), in towards center on & (hoo), straight up on 7 (hoooooo) as you look at it, and down on 8; while left arm goes in towards center on 6 (woo), slightly out to left side on & (hoo), and straight down on 7-8 (hoooooo)

DIG LEFT, STEP, DIG RIGHT, STEP, DIG LEFT, STEP, OUT AND UUUUUUP

The same as counts 57-64, but different. The arms are exactly the same, but the feet are opposite (so read the details)

- 1-2 Bend slightly forward from waist with slight twist to right, with left arm up and bent and right arm back and bent while you bend left knee and touch full left foot in place; maintain body position and step left foot in place
- 3-4 Bend slightly forward from waist with slight twist to left, with right arm up and bent and left arm back and bent while you bend right knee and touch full right foot in place; maintain body position and step right foot in place
- 5 Bend slightly forward from waist with slight twist to right, with left arm up and bent and right arm back and bent while you bend left knee and touch full left foot in place
- 6-7-8 Triple in place left, right, left
Arms for 6&7-8: in the music, the lyrics have a "woo hoo hoooooo", which are highlighted over these counts with the arms: right arm/hand goes out to right side on 6 (woo), in towards center on & (hoo), straight up on 7 (hoooooo) as you look at it, and down on 8; while left arm goes in towards center on 6 (woo), slightly out to left side on & (hoo), and straight down on 7-8 (hoooooo)

REPEAT

ENDING

On the third time through, when you get to the "dig, step, woohoooooo" section, you'll do counts 57-64, then turn ¼ left and do counts 65-72, then turn ¼ left and do counts 65-72 again, then ¼ left and do counts 65-72 one last time, ending by slowly walking off the floor to the side wall through the end of the song Soul Food

Music download available from itunes