Soul Food

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Silvia Schill (DE) - August 2021
Music: Soul Food - Keith Urban

no restarts, no tags

The dance begins after 48 beats with Every Night That I've Been last update 03.04.2023

Rock side, shuffle across r + l

1-2	Step right with right - weight back on LF
3&4	Cross RF far over left - small step left with left and cross RF far over left
5-6	Step left with left - weight back on RF
7&8	Cross LF far over right - small step right with right and cross LF far over right

Side, behind, ¼ turn r/chassé forward, step, pivot ½ r, shuffle forward

1-2	Step right with right - cross LF behind right (bend knees a little)
3&4	¼ turn right around and step forward with right - move LF next to right and step forward with right (3 o'clock)
5-6	Step forward with left - ½ turn right around on both balls, weight at the end right (9 o'clock)
7&8	Step forward with left – move RF next to left and step forward with left

Rocking chair, step, pivot ½ l 2x

1-2	Step forward with right - weight back on LF
3-4	Step back with right - weight back on LF
5-6	Step forward with right - ½ turn left around on both balls, weight at the end left (3 o'clock)
7-8	As 5-6 (9 o'clock)

Jazz box with cross, side, touch/snap r + l

1-2	Cross RF over left - step back with left
3-4	Step right with right - cross LF over right
5-6	Step right with right - touch LF next to right/snap
7-8	Step left with left - touch RF next to left/snap

Repeat to the end

Last Update - 3 April 2023 - R1