



LIQUID LUNCH

Choreographers:	Release date: May 2015
Annette & Frank Woodruff Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Rhythm & Phase: Cha Cha/Rumba III
	Music: Artist = Caro Emerald; Album = The Shocking Miss Emerald; MP3 download from Amazon or others.
	Time & Speed: 3:26 @ unchanged speed
	Footwork: Opposite except where indicated (W's footwork in parentheses)
annetteandfrank@gmail.com	Sequence: Intro – ABC – Bridge – ABC – Bridge – D – B – E – C - Ending

INTRODUCTION – CHA CHA

1	Wait ;	OP-FCG WALL wt 1 meas
2	Quick Apart Point Together Draw to BFLY ;	Apt L to OP LOD , pt R twd LOD, sd & fwd R (<i>W sd & fwd L</i>) to BFLY WALL, draw L near R ;
3 - 4	Sand Step 2x ;;	Swvlg slightly RF on R ft rotate L knee inward & tch L toe to instep of R ft, swvlg slightly LF on R ft rotate L knee outward to tch L heel to floor, XLif (<i>W XRif</i>)/sd R, XLif (<i>W XRif</i>); swvlg slightly LF on L ft rotate R knee inward & tch R toe to instep of L ft, swvlg slightly RF on L rotate L knee outward to tch R heel to floor, XRif (<i>W XLif</i>)/sd L, XRif (<i>W XLif</i>);
5 - 8	Chase (M turns away 2x) ;;;;	Fwd L trng ½ RF, rec R , fwd L/cl R, fwd L (<i>W bk R, rec L, fwd R/cl L, fwd R</i>) ; fwd R trng ½ LF, rec L fwd R/cl L, fwd R (<i>W fwd L trng ½ RF, rec R, fwd L/cl R, fwd L</i>) ; fwd L trng ½ RF, rec R, fwd L/cl R, fwd L (<i>W fwd R trng ½ LF, rec L, fwd R/cl L, fwd R</i>) ; fwd R trng ½ LF, rec L, fwd R/cl L, fwd R (<i>W fwd L, rec R, bk L/cl R, bk L</i>) to BFLY WALL ;

PART A – CHA CHA

1	½ Basic ;	Fwd L, rec R, sd L/cl R, sd L ;
2	Fence Line ;	XRif (<i>W XLif</i>) w/ bent knee, rec L, sd R/cl L, sd R ;
3	New Yorker ;	XLif (<i>W XRif</i>) w/ straight leg trng to LOP RLOD, rec R to BFLY, sd L/cl R, sd L ;
4	Spot Turn ;	Relg hnds & swvlg ¼ LF on L ft fwd R trng LF ½, rec L trng ¼ LF to BFLY, sd R/cl L, sd R ;
5	Hand to Hand ;	Swvlg sharply on ball of R ft XLib (<i>W XRib</i>) trng to OP LOD, rec R to BFLY WALL, sd L/cl R, sd L ;
6	Shoulder to Shoulder ;	Fwd R to BFLY BJO, rec L to fc squarely, sd R/cl L, sd R ;
7	½ Basic ;	Fwd L, rec R, sd L/cl R, sd L ;
8	Whip to BFLY ;	Bk R trng ¼ LF, rec L trng ¼ LF, sd R/cl L, sd R (<i>W fwd L reachg in front of M, fwd & sd R trng LF ½ , sd L/cl R, sd L</i>) to BFLY COH ;

PART B - RUMBA

1	Fence Line ;	XLif (<i>W XRif</i>) w/ bent knee, rec R, sd L, - ;
2 - 3	To RLOD Crab Walks ;;	Twd RLOD XRif (<i>W XLif</i>), sd L, XRif (<i>W XLif</i>), - ; sd L, XRif (<i>W XLif</i>), sd L, - ;
4	Fence Line ;	XRif (<i>W XLif</i>) w/ bent knee, rec L, sd R, - ;
5	New Yorker ;	XLif (<i>W XRif</i>) w/ straight leg to LOP LOD, rec R to fc ptr, sd L to LOP-FCG, - ;
6	Spot Turn ;	Swvlg ¼ LF on ball of L ft & relg hnds fwd R turning ½ LF, rec L trng ¼ LF to fc ptr, sd R to BFLY COH, - ;
7	Hand to Hand ;	XLib (<i>W XRib</i>) trng to OP RLOD, rec R to fc ptr, sd L to BFLY COH, - ;
8	Whip ;	Bk R trng ¼ LF, rec L trng ¼ LF, sd R (<i>W fwd L reachg in front of M, fwd & sd R trng LF ½ , sd L</i>) to LOP-FCG WALL, - ;

PART C – CHA CHA

1	½ Basic ;	Fwd L, rec R, sd L/cl R, sd L ;
2	Underarm Turn ;	Raisg jnd ld hnds & trng bdy slightly RF bk R, rec L squaring bdy to fc ptr, sd R/cl L, sd R (<i>W swvlg ¼ RF on ball of R ft fwd L trng ½ RF, rec R trng ¼ RF to fc ptr sd L/cl R, sd L</i>) to BFLY WALL ;
3	Break to OP ;	XLib trng to OP, rec R, twd LOD fwd L/lk Rib, fwd L ;
4	Walk ;	Fwd R, fwd L, fwd R/lk Lib, fwd R ;
5 - 6	Sliding Door Both Ways ;;	Sd apt L, rec R, relg hnds & chg sd bhd W XLif/sd R, XLif (<i>W chg sd in frnt of M XRif/sd L, XRif</i>) to LOP LOD ; sd apt R, rec L, chg sd bhd W XRif/sd L, XRif (<i>W chg sd in frnt of M XLif/sd R, XLif</i>) to OP LOD ;
7 - 8	Circle Away & Together to BFLY ;;	M twd COH (<i>W twd WALL</i>) circ awy individually LF (<i>W RF</i>) L, R, L/R, L to end both fcg RLOD; circ tog R, L, R/L, R to BFLY WALL ;

BRIDGE

1 – 2	Vine 8 ;;	Sd L, XRib (<i>W XLib</i>), sd L, XRif (<i>W XLif</i>) ; rpt meas 1 Bridge ;
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Repeat Parts ABC and Bridge**PART D - RUMBA**

1 - 2	Side Walks ;;	In low BFLY sd L, cl R, sd L, - ; cl R, sd L, cl R, - ;
3 - 4	Cucaracha L & R ;;	Sd L w/ partial wgt, rec R, cl L, - ; sd R w/ partial wgt, rec L, cl R, - ;
5	½ Basic ;	Fwd L, rec R, sd L (<i>W bk R, rec L, sd & fwd R twd M's L sd</i>), - ;
6	Underarm Turn ;	Raisg jnd ld hnds & trng bdy slightly RF bk R twd DLC, rec L squarg bdy to fc ptr, sd R (<i>W swvlg ¼ RF on ball of R ft fwd L trng ½ RF, rec R trng 3/8 RF to fc ptr, sd L</i>) to LOP-FCG WALL w/ W slightly offset to Man's R sd, - ;
7	..into a Lariat 3 to face COH ;	W/ ld hnds still jnd sd L, rec R startg to trn LF, sm fwd L compg ½ LF trn (<i>W circg RF arnd M fwd R, L, R</i>) to BFLY COH, - ;
8	Crab Walk Ending ;	Sd R, XLif (<i>W XRif</i>), sd R, - ;

Repeat Part B**PART E – CHA CHA**

1	Vine 2 Face to Face ;	Sd L, XRib (<i>W XLib</i>), sd L/cl R, trng 3/8 LF sd & fwd L to almost BK-TO-BK ;
2	Vine 2 Back to Back ;	Sd R, XLib (<i>XRib</i>), sd R/cl L, trng 3/8 RF sd & fwd R to BFLY ;
3 - 4	Traveling Doors Both Ways ;;	Rk sd L, rec R, XLif (<i>W XRif</i>)/sd R, XLif (<i>W XRif</i>) ; rk sd R, rec L, XRif (<i>W XLif</i>)/sd L, XRif (<i>W XLif</i>) ;
5 - 8	Chase Peek-a-Boo ;;;;	Relg hnds fwd L trng ½ RF, rec R, fwd L/cl R, fwd L (<i>W bk R, rec L, fwd R/cl L, fwd R</i>) ; sd R look at ptr over L shldr, rec L, ip R/L, R (<i>W sd L, rec R, ip L/R, L</i>) ; sd L look at ptr over R shldr, rec R, ip L/R/ L (<i>W sd R, rec L, ip R/L, R</i>) ; fwd R trng ½ LF, rec L, fwd R/cl L, fwd R (<i>W fwd L, rec R, bk L/cl R, bk L</i>) to LOP-FCG WALL ;

Repeat Part C**ENDING - CHA CHA**

1 - 2	Sand Step 2x ;;	Rpt meas 3 – 8 Intro ;;;;
3 - 6	Chase (M Turns 2x) ;;;;	
7	New Yorker ;	Rpt meas 3-4 Part A ;;
8	Spot Turn ;	
9	Apart Point ;	Jng trl hnds step apt L & pt R ft twd ptr ;



Caro Emerald was born in 1981 in Amsterdam, the Netherlands. She started singing lessons at age 12 and trained as a jazz vocalist at the Amsterdam Conservatory, graduating in 2005. In April 2013, her second studio album *The Shocking Miss Emerald* was released and went to No. 1 in the UK album chart. During her September 2013 UK tour, she announced her pregnancy. She gave birth to a girl in March 2014, a couple of month before playing the opening music set on the pyramid stage at the *Glastonbury Festival 2014*.

LIQUID LUNCH – WOODRUFF – CH III – CARO EMERALD – 3:33

INTRO-CHA (8 meas)

OP FCG WALL Wait 1; Apt Pt Tog Tch to BFLY ; Sand Step 2x ;;
Chase (M trns away 2x) ;;;;

PART A-CHA (8 meas)

½ Basic ; Fence Line ; New Yorker ; Spot turn ;
Hand to Hand ; Shoulder to Shoulder ; ½ Basic ; Whip to BFLY ;

PART B-RUMBA (8 meas)

Fence Line ; Crab Walks ;; Fence Line ;
New Yorker ; Spot Turn ; Hand to Hand ; Whip ;

PART C-CHA (8 meas)

½ Basic ; Underarm Turn ; Break to OP ; Walk ;
Sliding Door Both Ways ;; Circle Away & Tog to BFLY ;;

BRIDGE (2 meas)

Vine 8 ;;

PART A-CHA (8 meas)

½ Basic ; Fence Line ; New Yorker ; Spot turn ;
Hand to Hand ; Shoulder to Shoulder ; ½ Basic ; Whip to BFLY ;

PART B-RUMBA (8 meas)

Fence Line ; Crab Walks ;; Fence Line ;
New Yorker ; Spot Turn ; Hand to Hand ; Whip ;

PART C-CHA (8 meas)

½ Basic ; Underarm Turn ; Break to OP ; Walk ;
Sliding Door Both Ways ;; Circle Away & Tog to BFLY ;;

BRIDGE (2 meas)

Vine 8 ;;

PART D-RUMBA (8 meas)

Side Walks ;; Cucaracha L & R ;;
½ Basic ; Underarm Turn ; Into a Lariat 3 to fc COH ; Crab Walk Ending ;

PART B-RUMBA (8 meas)

Fence Line ; Crab Walks ;; Fence Line ;
New Yorker ; Spot Turn ; Hand to Hand ; Whip ;

PART E-CHA (8 meas)

Vine 2 Fc to Fc ; Vine 2 Bk to Bk ; Traveling Doors ;;
Chase Peek-a-Boo ;;;;

PART C-CHA (8 meas)

½ Basic ; Underarm Turn ; Break to OP ; Walk ;
Sliding Door Both Ways ;; Circle Away & Tog to BFLY ;;

ENDING-CHA (9 meas)

Sand Step 2x ;; Chase (M trns away 2x) ;;;;
New Yorker ; Spot Turn ; Apt Pt ;