

# Soul Food

**Count:** 72    **Wall:** 1    **Level:** Phrased Intermediate / Advanced Urban / Soul

**Choreographer:** Lorenzo “goLo” Evans

**Music:** Collard Greens and Cornbread by Fantasia, Album: Back To Me

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**Intro: 16 counts to start with lyrics.**

**Note: The whole counts (1, 2, 3, 4) are on the heavy downbeat, so it’s easy to hear the “1 & ah 2 & ah 3 & ah 4...”.**

**It’s choreographed to 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! Check out the note at the end of the step sheet for the finish.**

**The first 32 counts are actually 8 counts done 4 times. You rotate ¼ turn left during each 8 counts to end at your front wall.**

**[1 – 8] Step, Hook, Swing, Behind-¼-Ball-Coaster-Step, Brush, Hitch, Ball-Step-Heel-Out-In-Heel-Out-Step**

1, 2, 3            Step forward R; Step/Hook L behind R; Swing R from front to back  
& a 4            Step R behind L; Turn 1/4 left stepping forward on ball of L; Step together on ball of R  
& a 5            “Coaster” L: Step back on ball of L; Step together on ball of R, Step forward L  
6 & a 7            Slowly brush R foot forward into R hitch; Step together on ball of R; Step in place L;  
                    Touch R toe forward  
& a 8            Swivel R heel “out” right; Swivel R heel “in” center; Step in place R  
& a            Swivel L heel “out” left; Swivel L heel “in” and step in place L

**[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, people!**

**[33 – 40] Run Back Stamp Stamp, Run Back Stamp Stamp, Step Stamp Stamp, Step Stamp Stamp, Run In Place Full Turn**

1 & 2            Small steps running back R, L, R, L  
& a            h Stamp (unweighted stomp) R foot slightly forward twice  
3 & a 4            Small steps running back R, L, R, L  
& a            Stamp R foot slightly forward twice  
5 & a            Step side R; stamp L foot slightly forward twice  
6 & a            Step side L; stamp R foot slightly forward twice  
7 & a 8 & a            h Run in place R, L, R, L, R, L 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.**

**[41 – 48] Push R, R, R, R, Push L, L, L, L**

1 & 2 & 3 & 4 With body and L foot angled towards front left corner, keep knees bent and push-slide R foot to right side and bring back in to center 4 times  
& Take weight on R

**Arms for 1-4 Slowly circle your R arm out forward and into your chest over the 4 counts, ending with fist closed**

5, 6, 7, 8 With body and R foot angled towards front right corner, keep knees bent and push-slide L foot to left side and bring back in to center 4 times  
& Take weight on L

**Arms for 5-8 Leave your R arm in at your chest and slowly circle your L arm out forward and into your chest over the 4 counts, ending with fist closed**

**Counts 49-54 are groovin' and swayin'.**

**[49 – 56] Step-Touch, Step-Touch, Step-Touch, Step-Touch, Rock, Recover, Run In Place Full Turn**

1 & 2 & Sway-step R forward to slight right diagonal; Touch L next to R; Sway-step L forward L to slight left diagonal; Touch R next to L  
3 & 4 & Sway-step R forward to slight right diagonal; Touch L next to R; Sway-step L forward L to slight left diagonal; Touch R next to L

**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 L, you “drum” down and center with your R arm as your L arm swings slightly up and to the side, then swing R arm up as L arm drums down when you step with your R.**

5, 6 Open body to right diagonal and rock back on R; Return body to front as you recover weight on L  
7 & a h 8 & a Run in place R, L, R, L, R, L 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.**

**[57 – 64] Dig R, Step, Dig L, Step, Dig R, Step, Out and Uuuuuup**

1, 2 Bend slightly forward from waist with slight twist to right, with L arm up and bent over R knee and R arm slightly back and bent while you bend R knee and touch full R foot in place; Maintain body position and step R foot in place  
3, 4 Bend slightly forward from waist with slight twist to left, with R arm up and bent over L knee and L arm slightly back and bent while you bend L knee and touch full L foot in place; Maintain body position and step L foot in place  
5 Bend slightly forward from waist with slight twist to right, with L arm up and bent over R knee and R arm slightly back and bent while you bend R knee and touch full R foot in place  
6, 7, 8 Step in place R, L, R

**Arms for 6 & 7, 8 In the music, the lyrics have a “woo hoo hooooo”, which are highlighted over these counts with the arms: R arm/hand goes out to right side on 6 (woo), in towards center on & (hoo), straight up on 7 (hooooo) as you look at it, and down on 8; while L arm goes in towards center on 6 (woo), slightly out to left side on & (hoo), and straight down on 7-**

**8 (hoooooo).**

**[65 – 72] Dig L, Step, Dig R, Step, Dig L, 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 L arm up and bent and R arm back and bent while you bend L knee and touch full L foot in place; Maintain body position and step L foot in place
- 3, 4            Bend slightly forward from waist with slight twist to left, with R arm up and bent and L arm back and bent while you bend R knee and touch full R foot in place; Maintain body position and step R foot in place
- 5                Bend slightly forward from waist with slight twist to right, with L arm up and bent and R arm back and bent while you bend L knee and touch full L foot in place
- 6, 7, 8        Step in place L, R, L

**Arms for 6 & 7, 8 In the music, the lyrics have a “woo hoo hoooooo”, which are highlighted over these counts with the arms: R 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 L arm goes in towards center on 6 (woo), slightly out to left side on & (hoo), and straight down on 7-8 (hoooooo).**

**Start again from the top of the sequence.**

**Ending: On the third time through, when you get to the “Dig, Step, WooHooHooooo” 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.**

**Enjoy, because this should feel as good as soul food tastes... hello, collard greens and cornbread - mmmmmmm!!**

**Step Description by Debi Pancoast (dmpancoast@gmail.com) as translated from YouTube video**

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