

## What's Cooking?

48 Count, 4 Wall, Intermediate (Phrased)

Choreographer: Debbie Rushton (UK) Jan 2016

Choreographed to: Like A Mack by Prince, ft. Curly Fryz  
(4:04m)

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**Count In: 5 seconds – on beat and lyrics ‘Roll up into town...’**

### PART A – 32 counts

**A1: WALK WALK ¼ CROSS ¼ TURN, STEP ½ TURN ¼ DRAG, BEHIND ¼ TURN STEP FORWARD**

1 2 Walk forward R, Walk forward L

&amp;3 4 Make ¼ turn L stepping R to R side, Cross L over R, Make ¼ turn R stepping R forward (12 o'clock)

5&amp;6 Step L forward, Pivot ¾ turn R taking weight onto R, Step L to L side (9 o'clock)

7&amp;8 Cross R behind L, Make ¼ turn L stepping L forward, Step R forward (6 o'clock)

**A2: BOOGIE WALKS x3, MAMBO STEP & ¼ TOUCH, SIDE SHUFFLE**

1&amp;2 Bending knees slightly, run forward L, R, L

3&amp;4 Rock forward onto R, Recover weight back onto L, Step back on R

&amp;5 6 Step back on L, Make ¼ turn R stepping R big step to R side, Touch L beside R (9 o'clock)

7&amp;8 Step L to L side, Step R beside L, Step L to L side

**A3: CROSS ROCK SIDE ROCK, CROSS ¾ UNWIND, HIP ROLL x2 &**

1&amp;2&amp; Cross rock R over L, Recover weight onto L, Rock R out to R side, Recover weight onto L

3 4 Cross R over L, Unwind ¾ turn over L shoulder ending with weight on L (12 o'clock)

5 6 Step R out to R side and roll hips counter-clockwise from L to R (taking weight onto R)

7 &amp; Roll hips clockwise From R to L (taking weight onto L), Step onto R foot

**A4: CROSS SIDE BEHIND SIDE CROSS SIDE ROCK, CROSS SIDE ROCK, CROSS ¼ TURN ½ TURN**

1&amp;2&amp; Cross L over R, Step R to R side, Cross L behind R, Step R to R side

3&amp;4 Cross L over R, Rock R out to R side, Recover weight onto L

5&amp;6 Cross R over L, Rock L out to L side, Recover weight onto R

7&amp;8 Cross L over R, Make ¼ turn L stepping back on R, Make ½ turn L stepping L forward (3 o'clock)

### PART B – 16 counts

**B1: SIDE TOGETHER SIDE TOUCH x2**

1234 Step R to R side, Step L beside R, Step R to R side, Touch L beside R

5678 Step L to L side, Step R beside L, Step L to L side, Touch R beside L

**\* Make these steps funky please!****B2: HEEL, HEEL, BACK, BACK, BUMP & BUMP ½ TURN, ROCK, RECOVER, COASTER STEP**

&amp;1&amp;2 Step R forward to R diagonal using R heel, Step L forward to L diagonal using L heel,

Step R back in place, Step L beside R

3&amp;4 Step R fwd bumping R hip forward, Take weight back onto L &amp; bump L hip back,

Take weight forward onto R bumping R hip forward whilst making ½ turn L (weight ends back on R)

5 6 Rock forward on L, Recover weight back onto R

7&amp;8 Step back on L, Step R beside L, Step L forward

**TAG: CROSS BACK SIDE CROSS, SIDE DRAG STEP**

1&amp;2&amp; Cross R over L, Step L back, Step R to R side, Cross L over R

3 4 Step R big step to R side whilst dragging L up to R, Step L beside R

**SEQUENCE:-****Clock directions are where each wall STARTS****A 12 o'clock****A 3 o'clock – Dance up to Count 16 (L side shuffle) and go straight into the tag****TAG 12 o'clock****B 12 o'clock****A 6 o'clock****A 9 o'clock****A 12 o'clock - Dance up to Count 16 (L side shuffle) and go straight into the tag****TAG 9 o'clock****B 9 o'clock****B 3 o'clock****A 9 o'clock**

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A 12 o clock - Dance up to Count 16 (L side shuffle) and go straight into the tag  
TAG 9 o clock  
A 9 o clock  
A 12 o clock - Dance up to Count 16 (L side shuffle) and go straight into the tag  
TAG 9 o clock  
A 9 o clock  
TAG 12 o clock  
A 12 o clock  
A 3 o clock - Dance up to Count 16 (L side shuffle) and go straight into PART B  
B 12 o clock  
B 12 o clock  
TAG 12 o clock to FINISH!

**NOTES!!**

On \*almost\* every 'A' which goes into a Tag, he sings 'WHAT'S COOKING?' when you are dancing counts '&13'. This is your cue that a tag is going to happen after count 16!

The only time this doesn't happen is on the 5th Tag which comes at the END of A so you just have to remember that one.

**I PROMISE IT'S NOT AS SCARY AS IT LOOKS. YOU CAN HEAR IT IN THE SONG.**

**WHAT'S COOKING??..... A TAG!**