

I CAN COOK TOO

CHOREO: Dom & Joan Filardo, 301-862-4928 or domfil@verizon.net

MUSIC: I Can Cook Too, S*T*A*R* 114B record available from Palomino Records

FOOTWORK: Opposite unless (noted). **ARTIST:** Gina Murray

TIME @ RPM: 2:29 @ 45 **RHYTHM:** Quickstep **RAL PHASE:** V+2 [V-6, 4 Quick Run]

SEQUENCE: Intro A B A[mod 1] C A[mod 2] D **TIMING:** SQQ; Unless Otherwise Noted

RELEASED: January 2009

MEAS:

INTRODUCTION

1-4 RT OP DLW LEAD FEET FREE WAIT 2 MEAS ; ; APT w/ KNEE ; PU TCH ;

- [1-2] Wait 2 meas. in ROP DLW [M's R & (W) L hnds joined ld ft free ; ;
SS [3] Apt L,-, cross R knee in front of L knee ,-,
SS [4] rec R,-, tch L to R end CP DLW (rec L trng to fc ptrn tch R to L) , -,

PART A

1-4 QUARTER TURN PROGRESSIVE CHASSE ; ; ; ;

- SS [1] Fwd L ,-, fwd R trng 1/4 rt fc,-;
QQSS [2] Sd L cont trn rt fc, cl R, sd & bk L ,-;
[3] Bk R DLC comm lt fc trn,-, sd L , cl R ;
SS [4] Sd & fwd L,-, fwd R to CBMP DLW,-;

5-8 FOUR QUICK RUN ; HITCH 4 ; SCOOP BJO ; FISHTAIL ;

- QQQQ [5] Fwd L, XRIB, fwd L, fwd R ;
QQQQ [6] Fwd L, cl R, bk L, cl R ;
SS [7] Sd L w/ lt sd stretch,-, cl R to L while trng 1/8 lt fc to DLC in CBMP ,-;
QQQQ [8] XLIB, sd R, fwd L, lock R bhnd L ;

9-12 SIDE STAIRS 8 ; ; VIENNESE TURNS ; ;

- QQQQ [9] Moving DLC Sd L, cl R, fwd L, cl R ;
QQQQ [10] Sd L, cl R, fwd L, cl R ;
[11] Fwd L comm. lf trn ,-, sd R cont lf trn, XLIF (cl R to L) , - ;
[12] Bk R cont lf trn ,-, sd L cont lf trn, cl R to L (XLIF) to CP DLW ;

13-16 CROSS CHASSE ~ CHASSE 5 BJO ; ; ; FWD FC CL ;

- SQQS {cross chasse} Fwd L,-, fwd & sd R, cl L to R ; XRIF to CBMP DLW,-,
QQQQQ {chasse 5} sd L, cl R ; sd L, cl R , sd L to CBMP DLW ;
{fwd fc cl} Fwd R,-, sd L to fc ptrn & WALL, cl R to L ;

17-20 STROLLING VINE ; ; ; ;

- SSQQS [17-18] Sd L w/ slight rf trn ,-, XRIB ,-, sd L comm lt fc trn , cl R, cont lf trn sd L ,-;
SSQQS [19-20] Sd R cont lf trn ,-, XLIB ,-, sd R trng rt fc, cl L cont rt fc trn, sd R to fc WALL ,-;

21-24 HOV TELE ; THRU PICK UP LOD ; STRUT 4 ; ;

- [21] Fwd L ,-, fwd R turn'g 1/8 rt fc while hovering, fwd L to SCP LOD ;
SS [22] Thru R ,-, tch L to R (fwd R trng to fc ptrn cl L to R) to CP LOD ,-;
SSSS [23-24] Fwd L,-, fwd R,-; fwd L,-, fwd R with a swagger of upper body lt & rt ,-;

PART B

1-8 OP REV TRN ; BK LOCK 4 ; OUTSIDE CK ; SLOW OUTSIDE SPIN ~ V-6 ~ SLO FWD ; ; ; ; CHG DIR ;

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PART A MOD 2 CONTINUED

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9-12 SIDE STAIRS 8 ; ; VIENNESE TURNS ; ;

[9-12] Repeat part A meas 9-12.

13-16 CROSS CHASSE ~ CHASSE 5 CP ; ; ; FLICKER 3 ;

[13-15] Repeat part A meas 13-15 to CP WALL].

&Q&Q&Q [16] With weight on balls of both feet - heels out, heels in, repeat twice ;

17-20 STROLLING VINE ; ; ; ;

[17-20] Repeat part A meas 17-20.

21-24 HOV TELE ; THRU PICK UP LOD ; STRUT 4 ; ;

[21] Repeat part A meas 21.

[22] Thru R,-, fwd L picking W up LOD cl L to R,-;

SSSS [23-24] Fwd L,-, fwd R,-, fwd L,-, fwd R,-;

PART D

1-4 RUN'G FWD LOCKS ; ; HAIRPIN : HEEL PULL LOD ;

QQQQQS [1-2] Up on balls of feet fwd L, XRIB, fwd L, fwd R ; fwd L, XRIB, fwd L,-;

[3] fwd R comm. rf trn,-, fwd L cont rf trn, fwd R to CBMP DRW ;

SS [4] Bk L trng rt fc,-, cont rf trn draw R to L & chg weight to fc LOD (fwd R,-, sd L, draw R to L),-;

5-8 HITCH 4 ; FWD LOCK FWD ; RUN 3 ; HITCH 4 ;

QQQQ [5] Fwd L, cl R, bk L, cl R ;

QQS [6] Fwd L, XRIB, fwd L,-;

QQS [7] Fwd R, fwd L, fwd R,-;

QQQQ [8] Fwd L, cl R, bk L, cl R ;

9-12 6 QK TWINKLE WITH EXTRA LOCK ; ; 2 LT TURNS WALL ; ;

[9-10] Repeat part C meas 9-10.

[11-12] Fwd L comm. lt fc trn,-, sd R cont lt fc trn, cl L to R ; bk R cont lf trn,-, sd L cont lf trn, cl L to R to fc DLW in CP ;

13-16 HOV TELE ; OP IN & OUT RUNS ; ; ROCK 3 ;

[13-16] Repeat 21-24 of part A Mod 1 to ½ OP LOD.

17-20- SCOOT 4 ; WALK & FC ; TWIST VINE 8 ; ; SD TAP ,

QQQQ [17] Fwd L, cl R, fwd L, cl R ;

SS [18] Fwd L,-, fwd R trng to fc WALL in CP,-;

QQQQ [19] Sd L, XRIB, sd L, XRIF ;

QQQQ [20] Sd L, XRIB, sd L, XRIF ;

QQ [-] Sd L, XRIB and tap toe to floor,