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

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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 ptnr tch R to L) , -,

                                    PART A

1-4   QUARTER TURN PROGRESSIVE CHASSE ; ; ; ;
SS   [1] Fwd L ,-, fwd R trng 1/4 rt fc,-;
QQS   [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 ptnr & 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 ptnr 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 ;

PART B CONTINUED

        [1] Fwd L trng lf,-, cont lf trn sd R, bk L to CBMP ;
QQQQ [2] Bk R, XLIF, bk R, XLIF ;
        [3] Bk R,-, sd L, fwd R to CBMP DRW ;
SSS   **{slo o.s. spin}** bl L trng rt fc ,-, fwd R cont trng rf keeping W outside (cl L to R pvt on toes) ,-,
        sd & bk L cont trng rt fc end CBMP DRW ,-,
QQSSQQ **{V-6}** bk R, XLIF, bk R,-; bk L,-, bk R trng lt fc , fwd L ;
S   {**slow fwd**} fwd R,-,
        [8] **{chg dir}** fwd L,-, sd R trng to DLC, draw L to R to CP DLC ;

9-16   OP REV TRN ; BK LOCK 4 ; OUTSIDE CK ; SLOW OUTSIDE SPIN ~
V-6 ~ SLO FWD ; ; ; ; FISHTAIL ;
        [9-15] Repeat B parts 1 to 7 checking ; ; ; ; ; ; ;
QQQQ [16] XLIB, sd R, fwd L, XRIB ;

PART A MOD 1

1-4   QUARTER TURN PROGRESSIVE CHASSE ; ; ; ;
        [1-4] Repeat part A meas 1-4.
5-8   FOUR QUICK RUN ; HITCH 4 ; SCOOP BJO ; FISHTAIL ;
        [5-8] Repeat part A meas 5-8.
9-12   SIDE STAIRS 8 ; ; VIENNESE TURNS ; ;
        [9-13] Repeat part A meas 9-12.
13-16 CROSS CHASSE ~ CHASSE 5 BJO ; ; ; FWD FC CL ;
        [13-16] Repeat part A meas 13-16
17-20 STROLLING VINE ; ; ; ;
        [17-20] Repeat part A meas 17-20.
21-24 HOV TELE ; OP IN & OUT RUNS OP LOD ; ; ROCK 3 ;
        [21] Repeat part A meas 21.
        [22-23] Thru R comm. rf trn ,-, sd & bk L cont rf trn, fwd R to ½ LOP LOD ; fwd L ld W across ,-,
        fwd R cont lead'g W across, fwd L both fc LOD w/ no hnds joined ;
QQS [24] Rk fwd R, rec L, rk fwd R,-;

PART C

1-4   CHARLESTON POINTS ; ; ; ;
SSSS [1-2] Fwd L ,-, pt R fwd ,-; bk R,-, pt L bk,-;
SSSS [3-4] Fwd L ,-, pt R fwd ,-; bk R,-, pt L bk,-;

5-8   STEP HOP 2X ; FWD LOCK FWD ; RUN 3 ; WALK & P/U LOD ;
QQQQ [5] Stp in pl L, hop on L , stp in pl R, hop on R ;
QQS [6] Fwd L, lk RIB, fwd L ,-;
QQS [7] Fwd R, fwd L, fwd R,-;
SS   [8] Fwd L,-, fwd R picking W up LOD closing R to L ,-;

9-10 6 QK TWINKLE WITH EXTRA LOCK ; ;
QQQQQQQQ [9-10] Sd L, cl R, XLIB, cl R ; fwd L, XRIB, fwd L, XRIB ;

PART A MOD 2

1-4   QUARTER TURN PROGRESSIVE CHASSE ; ; ; ;
        [1-4] Repeat part A meas 1-4.
5-8   FOUR QUICK RUN ; HITCH 4 ; SCOOP BJO ; FISHTAIL ;
        [5-8] Repeat part A meas 5-8.

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 ;
QQQQQQS [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,