

# Liquid Lunch

Artist: Caro Emerald (available from Amazon, iTunes, M3Pva)  
Album: The Shocking Miss Emerald  
Choreographer: Karen Tripp, [karen@trippcentral.ca](mailto:karen@trippcentral.ca)

Genre: Pop  
Tempo: 108 bpm, 3:59 mins  
Level: Beginner

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Sequence: Wait 8 beats, Intro, A-B-C-Br-A-B-C-Br-Break-B-D-C\*

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Wait 8 beats

## INTRO (32 beats)

(4) 1 Rocking Chair ¼ L

(4) 2 Touch Ups

*Repeat 3 more times to make a box*

## PART A (32 beats)

(8) 1 Clogover Slur Vine

(4) 1 Flatlander

(4) 1 Triple

*Repeat with opposite footwork*

## PART B (32 beats)

(8) 1 Cowboy ½ Left

(8) 2 Brush Donkeys

(8) 1 Cowboy ½ Left

(4) 2 Basics

(4) 1 Over the Log

## PART C (32 beats)

(4) 1 Rooster Run

(4) 1 Pushoff Left

(4) 1 Turning Pushoff ½ R

(4) 1 Fancy Double

*Repeat to face front*

## BRIDGE (8 beats)

(8) 1 8-count Roundout

## Repeat PART A

[Clogover Slur Vine, Flatlander, Triple, *Repeat*]

## Repeat PART B

[Cowboy ½ L, 2 Brush Donkeys, Cowboy ½ L, 2 Basics, Over the Log]

## Repeat PART C

[Rooster Run, Pushoff Left, Turning Push ½ R, Fancy Double, *repeat*]

## Repeat BRIDGE

[8-count Roundout]

## BREAK (32 beats)

(8) 2 Slur Vine Brushes

(4) 1 Karate Kick ½ L

(4) 1 Fancy Double

*Repeat to face front*

## Repeat PART B

[Cowboy ½ L, 2 Brush Donkeys, Cowboy ½ L, 2 Basics, Over the Log]

## PART D (64 beats)

(8) 2 Outhouses

(8) 1 Cowboy ¼ L

*Repeat 3 more times to make a box*

## PART C\*

[Rooster Run, Pushoff Left, Turning Push ¾ R, Fancy Double, *repeat*]

*Repeat 3 more times to make a box*

## Liquid Lunch Step Breakdown

(4) 1 Rocking Chair ¼ L	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="border-bottom: 1px solid black;">DS</td><td style="border-bottom: 1px solid black;">Br(up) 1/4L/H</td><td style="border-bottom: 1px solid black;">DS</td><td style="border-bottom: 1px solid black;">RS</td></tr> <tr><td>L</td><td>R/L</td><td>R</td><td>LR</td></tr> <tr><td>&amp;1</td><td>&amp;2</td><td>&amp;3</td><td>&amp;4</td></tr> </table>	DS	Br(up) 1/4L/H	DS	RS	L	R/L	R	LR	&1	&2	&3	&4																		
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(8) 1 Clogover Slur Vine	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="border-bottom: 1px solid black;">DS</td><td style="border-bottom: 1px solid black;">DS(xif)</td><td style="border-bottom: 1px solid black;">DS</td><td style="border-bottom: 1px solid black;">Slur(xib)</td><td style="border-bottom: 1px solid black;">S</td><td style="border-bottom: 1px solid black;">DS</td><td style="border-bottom: 1px solid black;">DS(xif)</td><td style="border-bottom: 1px solid black;">DS</td><td style="border-bottom: 1px solid black;">RS</td></tr> <tr><td>L</td><td>R</td><td>L</td><td>R</td><td>R</td><td>L</td><td>R</td><td>L</td><td>RL</td></tr> <tr><td>&amp;1</td><td>&amp;2</td><td>&amp;3</td><td>&amp;</td><td>4</td><td>&amp;5</td><td>&amp;6</td><td>&amp;7</td><td>&amp;8</td></tr> </table>	DS	DS(xif)	DS	Slur(xib)	S	DS	DS(xif)	DS	RS	L	R	L	R	R	L	R	L	RL	&1	&2	&3	&	4	&5	&6	&7	&8			
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(4) 1 Karate Kick ½ L	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="border-bottom: 1px solid black;">DS</td><td style="border-bottom: 1px solid black;">Kk</td><td style="border-bottom: 1px solid black;">Lift (1/2L)/H</td><td style="border-bottom: 1px solid black;">S</td><td style="border-bottom: 1px solid black;">Kk</td><td style="border-bottom: 1px solid black;">Lift/H</td></tr> <tr><td>L</td><td>R</td><td>R/L</td><td>R</td><td>L</td><td>L/R</td></tr> <tr><td>&amp;1</td><td>&amp;</td><td>2</td><td>3</td><td>&amp;</td><td>4</td></tr> </table>	DS	Kk	Lift (1/2L)/H	S	Kk	Lift/H	L	R	R/L	R	L	L/R	&1	&	2	3	&	4												
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### LEGEND

DS: Double Step  
 Br(up): Brush Up  
 RS: Rock Step  
 Tch: Touch

(ots): Out to side  
 (xif): Cross in front  
 (xib): Cross in back  
 H: Heel

T: Toe  
 S: Step  
 Slur: Drag toe behind  
 DT: Double Toe Back

(f): Front  
 (b): Back  
 Kk: Kick leg out in front  
 Lift: Bend knee and lift leg