

# 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\*-End

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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*

**END:** Stomp

## Liquid Lunch Step Breakdown

(4) 1 Rocking Chair ¼ L	<u>DS</u>	<u>Br(up) 1/4L/H</u>	<u>DS</u>	<u>RS</u>						
	L	R/L	R	LR						
	&1	&2	&3	&4						
(4) 2 Touch Ups	<u>DS</u>	<u>Tch (ots)</u>	<u>Lift/H</u>	<u>DS</u>	<u>Tch(ots)</u>	<u>Lift/H</u>				
	L	R	R/L	R	L	L/R				
	&1	&	2	&3	&	4				
(8) 1 Clogover Slur Vine	<u>DS</u>	<u>DS(xif)</u>	<u>DS</u>	<u>Slur(xib)</u>	<u>S</u>	<u>DS</u>	<u>DS(xif)</u>	<u>DS</u>	<u>RS</u>	
	L	R	L	R	R	L	R	L	RL	
	&1	&2	&3	&	4	&5	&6	&7	&8	
(4) 1 Flatlander	<u>DT(b)/H</u>	<u>Br(up)/H</u>	<u>DS</u>	<u>RS</u>						
	L/R	L/R	L	RL						
	&1	&2	&3	&4						
(4) 1 Triple	<u>DS</u>	<u>DS</u>	<u>DS</u>	<u>RS</u>						
	R	L	R	LR						
	&1	&2	&3	&4						
(8) 1 Cowboy ½ Left	----- moving forward -----				----- moving back -----					
	<u>DS</u>	<u>DS</u>	<u>DS</u>	<u>BrUp(1/4L)/H</u>	<u>DS(xif)</u>	<u>RS</u>	<u>RS</u>	<u>RS</u>	<u>RS</u>	
	L	R	L	R/L	R	LR	LR	LR	LR	
	&1	&2	&3	&4	&5	&6	&7	&8		
(8) 2 Brush Donkeys	<u>DS</u>	<u>Br(up)/H</u>	<u>Tch(xif)/H</u>	<u>Tch(ots)/H</u>	<u>DS</u>	<u>Br(up)/H</u>	<u>Tch(xif)/H</u>	<u>Tch(ots)/H</u>		
	L	R/H	R/L	R/L	R	L/R	L/R	L/R		
	&1	&2	&3	&4	&7	&6	&7	&8		
(4) 1 Over the Log	<u>S(f)</u>	<u>S(f)</u>	<u>S(b)</u>	<u>S(b)</u>	<u>Clap</u>					
	L	R	L	R						
	1	2	&	3	4					
(4) 1 Rooster Run	<u>DS</u>	<u>DS(xif)</u>	<u>R(ots)</u>	<u>S(xib)</u>	<u>R(ots)</u>	<u>S(xif)</u>				
	L	R	L	R	L	R				
	&1	&2	&	3	&	4				
(4) 1 Pushoff Left	<u>DS</u>	<u>RS</u>	<u>RS</u>	<u>RS (moving left)</u>						
	L	RL	RL	RL						
	&1	&2	&3	&4						
(4) 1 Fancy Double	<u>DS</u>	<u>DS</u>	<u>RS</u>	<u>RS</u>						
	L	R	LR	LR						
	&1	&2	&3	&4						
(8) 8-count Roundout	<u>DS</u>	<u>TH(xif)</u>	<u>TH(b)</u>	<u>TH(s)</u>	<u>TH(xif)</u>	<u>TH(b)</u>	<u>TH(s)</u>	<u>TH(s)</u>		
	L	RR	LL	RR	LL	RR	LL	RR		
	&1	&2	&3	&4	&5	&6	&7	&8		
(8) 2 Slur Vine Brushes	<u>DS</u>	<u>Slur(xib)</u>	<u>S</u>	<u>DS</u>	<u>RS</u>	<u>DS</u>	<u>Slur(xib)</u>	<u>S</u>	<u>DS</u>	<u>RS</u>
	L	R	R	L	RL	R	L	L	R	LR
	&1	&	2	&3	&4	&5	&	6	&7	&8
(4) 1 Karate Kick ½ L	<u>DS</u>	<u>Kk</u>	<u>Lift (1/2L)/H</u>	<u>S</u>	<u>Kk</u>	<u>Lift/H</u>				
	L	R	R/L	R	L	L/R				
	&1	&	2	3	&	4				
(8) 2 Outhouses	<u>DS</u>	<u>Tch(ots)/H</u>	<u>Tch(xif)/H</u>	<u>Tch(ots)/H</u>	<u>DS</u>	<u>Tch(ots)/H</u>	<u>Tch(xif)/H</u>	<u>Tch(ots)/H</u>		
	L	R/L	R/L	R/L	R	L/R	L/R	L/R		
	&1	&2	&3	&4	&5	&6	&7	&8		

### LEGEND

b: Back	f: Front	ots: Out to side	T: Toe
Br(up): Brush Up	H: Heel	RS: Rock Step	Tch: Touch
DS: Double Step	Kk: Kick leg out in front	S: Step	xib: Cross in back
DT: Double Toe	Lift: Bend knee and lift leg	Slur: Drag toe behind	xif: Cross in front