



Official Step Sheet for SoulFood Line Dance

Music by Fantasia-Collard Greens and Cornbread.

Choreography by Lorenzo "goLo" Evans

Notes:

- The dance replicates the soulful nature of the song, please feel free to add your own soulful movement to the choreography.
- Please allow the song to carry you through the dance, the movement is choreographed almost exactly to the inflections and movement in the music.
- SoulFood has four parts and will be instructed as such.

Part 1: Verse (All 4 Walls)

- Step/Lean Right- Count 1
- Step Left-Kick Right- Count 2
- Take five quick steps (starting with the right foot behind the left) making a quarter turn to the left
- Step back on the right foot and slide foot to the front
- Right knee up (on the beat)
- 2 Quick Steps (right left)
- Step Right- knee in to the left, Step Left-knee in to the right ---*Females that have learned the dance like to sway from right to left on this part of the dance*
- Repeat on every wall until the dance returns to the front wall

Part 2: Pre-Chorus 1 (Front Wall)

Note: With the rising inflections in the music, run backwards on the right foot using the following rhythm

- 1-2-3-4 Tap Tap (Right), 1-2-3-4 Tap Tap (Right), Step Right-Tap Tap(Left), Step Left-Tap Tap Right)
- Full 6 step turn to the left, starting on the right foot using 1-2-3-4-5-6 rhythm

Part 3: Pre Chorus 2 (Front Wall)

- Right arm comes across the body while dragging right foot "Stanky Leg" using the 1-2-3-4 rhythm (pull right arm into chest)
- Left arm comes across the body while dragging left foot "Stanky Leg" using the 5-6-7-8 rhythm (pull left arm into chest)
- Step-Touch (walking forward starting with the right) for 4 counts (1 & 2 & 3 &4)
- Step back on the right
- Repeat 6 step full turn to the left (1-2-3-4-5-6)



Part 4: Collard Greens and Cornbread (Front Wall)

- Lean forward with left arm in front of body and right knee bent for 2 counts
- Lean forward with right arm in front of body and left knee bent for 2 counts
- Lean forward with left arm in front of body and right knee bent for 1 count
- Music says "Ooh Ooh Ohh"
- 1st Ooh- right hand goes out to the right
- 2nd Ooh-left hand goes out to the right
- 3rd Ooh-right hand goes up in the air pointing up
- Right hand comes down and snaps down by right side, with head looking backward.
- Repeat above, but this time leaning forward with the left arm in front of the body and the LEFT knee bent, repeat on the right side with right knee bent
- Music says "Ooh Ooh Ooh" and the dance repeats from Part 1

Note: The dance goes through 3 entire rotations. On the last chorus Fantasia repeats the "Collard Greens and Cornbread, Yeah" part 4 times. Repeat Part 4 on all four walls (turning left) until the end of the song.

We would like to thank the international line dancing community for requesting this dance, and posting such great comments and feedback on all of the media outlets. Please send us your videos of your groups doing this dance from all over the world ☺ goloworld@gmail.com

Best Wishes

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