

# THE SECRET RECIPE`

Phrased A, B, C Intermediate Line Dance  
A=48 ct. 1-wall, B=32 ct. 4-wall, C=8 ct. 2 wall  
Sequence: A, B, C, A, B, C, A, B, B, B  
Dance starts at 1st drum beat

Recommended Music:  
Slow teach: i5 - Can I Get A Witness--96 BPM  
Choreographed to: i5 - The Recipe`--108 BPM  
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## Part A 1 WALL

- 1-8 POINT RIGHT, 1/4 LEFT, HEEL JACK, BRUSH, SCUFF, TAP, CROSS, SIDE, BEHIND**  
1, 2 Point R foot to R side and put R arm to R side with palm up...(snap it out on drum beat) for 1 and for 2 bring R toe to L and R arm back in  
& 3 & 4 For & step back on R with a 1/4 turn to your L, for 3 tap L heel forward, for & step on L foot, for 4 touch R next to L  
5 & 6 Brush R forward for 5, for & brush R across in front of L making a 1/4 turn back to R, for 6 touch R toe across L in front  
7 & 8 For 7 step on R, for & step to the side with L, for 8 step behind L with R  
**9-16 SEMI SYNCOPATED VINE R, STEP 1/2 TURN, SCUFF HITCH POINT AND SIT**  
1 & 2 For 1 rock L out to L side, for 2 replace weight on R, for 2 cross L behind R  
& 3 & 4 Step R to R side, cross L in front of R, step R to R side, replace weight on L  
5, 6 Step forward on R, pivot 1/2 turn to L, stepping on L  
7 & 8 Scuff and hitch R leg, bring down and touch R toe in front and sit as you touch (bending knees in a sit position)  
**17-24 KICK 1/4 POINT, L SAILOR, R SAILOR, L TRIPLE FORWARD**  
1 & 2 Kick R foot forward for 1, step on R with a 1/4 turn to the L for &, point L to L side for 2  
3 & 4 Step L behind R, replace weight on R, step L next to R  
5 & 6 Step R behind L, replace weight on L, step R next to L  
7 & 8 Triple forward stepping L, R, L  
**25-32 STEP 1/2 TURN 2 -1/2 TURN PIVOTS, TRIPLE 1/2 TURN, COASTER STEP**  
1, 2 Step forward on R, pivot 1/2 turn to L, stepping on L  
3, 4 Pivot 1/2 turn to L on L, step back on R, pivot 1/2 turn to L on R, step forward on L  
5 & 6 Triple 1/2 turn to L stepping R, L, R traveling back as you turn  
7 & 8 Step back on L, step R next to L, step forward on L  
**33-40 POINT AND CROSS**  
1, 2, 3, 4 Point R to R side, cross R in front of L, Point L to L side, cross L in front of R  
5, 6, 7, 8 Point R to R side, cross R in front of L, point L to L side, cross L in front of R  
**41-48 STEP 1/4 TURN, CROSSING TRIPLE L, HEEL JACK WITH A HOLD**  
1, 2 Step forward on R, pivot 1/4 turn to L replacing weight on L  
3 & 4 Cross R in front of L, step behind R with L, cross R in front of L  
& 5 & 6 for & step L to L side, for 5 tap R heel forward, for & step back slightly on R, for 6 cross L in front of R stepping on L  
HOLD 7  
& 8 & 8 Step slightly back on R for &, tap L heel forward for 8, replace weight on L for &...ready to begin next sequence with R

## Part B 4 WALL

- 1-8 TOE TAPS, KICK, HOP TOGETHER, SIDE TRIPLE, 1/2 TURN L RON DAY**  
1 & 2, 3 & 4 Tap R toe slightly in front of L 3 times, ( 1&2), for 3 kick R forward, for & hop slightly forward, for 4 touch L next to R  
5 & 6, 7, 8 Triple side, together, side, stepping L, R, L, Ron day R foot around 1/2 turn to your L for 7, 8 stepping on R  
**9-16 L SIDE TRIPLE, BACKWARDS SAILOR, SYNCOPATED VINE, LUNGE AND TOUCH**  
1 & 2 Side together side stepping L, R, L  
3 & 4 Step R behind L, turn 1/4 turn to R stepping on L, Step R next to L  
5 & 6 Step L behind R, step R to R side, cross L in front of R  
& 7, 8 Step R to R side for &, lunging to L, Lunge L to L side and drag R touching next to L for 7, 8  
**17-24 TRIPLE FORWARD, STEP 1/2 TURN, HIP BUMPS**  
1 & 2, 3, 4 Triple traveling forward R, L, R, step forward on L, pivot 1/2 turn to R replacing weight on R  
5, 6, 7, 8 Step forward on L bumping L hip forward, bump R hip back, bump L hip forward, bump R hip back replacing weight on R  
**25-32 TRIPLE FORWARD, 1/4 TURN, HAND MOVES, BODY ROLL**  
1 & 2, 3, 4 Triple traveling forward L, R, L, step forward on R, pivot 1/4 turn to L, stepping on L  
5 & 6 & 8 Standing with feet shoulder length apart, weight on L, bring R hand to L shoulder for 5, bring L hand to R shoulder for &, Bring R hand to R hip for 6, bring L hand to L hip for &  
7, 8 Pivot 1/4 turn to R for 7, body/ R shoulder roll for 8 leaving weight on L...ready to start next sequence on R

## Part C 2 WALL

- 1-8 TRIPLE, STEP 1/2 TURN TRIPLE, WALK, WALK**  
1 & 2 Triple traveling forward R, L, R  
3, 4 Step forward on L, pivot 1/2 turn to R replacing weight on R  
5 & 6 Triple traveling forward L, R, L  
7, 8 Walk forward R, walk forward L...weight on L ready to begin next sequence with R