

Dessert Dilemma

These two chefs have found themselves in a bit of a disagreement... May I suggest counting it out, just like you'd read on a page?

(It's not relevant to the puzzle, but this is the disagreement, in case you were wondering: Chef ABBA wants their market booth to be "dance-themed," but Chef Queen wants their market booth to be "pressure-themed" (whatever that means).)

C	A	F	R	E
H	O	C	O	L
D	Y	O	T	I
T	A	L	J	B
E	T	E	K	B
F	E	G	G	E
D	F	U	D	P
M	S	D	P	I
N	U	D	I	E
C	V	H	A	S

CHEF ABBA:	Well, of course, you start at the beginning.
Chef Queen:	Ok, fine, but you then have to go to the number of letters in the quantity discussed in Newton's second and third laws, and then go one more than that.
CHEF ABBA:	You're so pretentious. Sure, but then you have to go one forward.
Chef Queen:	Fine, but only if you go one more forward after that.
CHEF ABBA:	Then, I vote that we add the number of letters in the name of a famous dance from Buenos Aires to where we already are.
Chef Queen:	Hm. Add that same quantity again.
CHEF ABBA:	You know what? Just for you, let's subtract one.
Chef Queen:	Fine, move. But the n is a v.

CHEF ABBA:	Not to copy your last instructions, but you now need to move by the number of letters in $PV=nRT$ (a very solid equation).
Chef Queen:	Sure. Do that one more time.
CHEF ABBA:	You're so boring! Go to the first odd prime number multiplied by the first double digit prime number.
Chef Queen:	Add the number of steps in a waltz sequence, divided by three, to that.
CHEF ABBA:	How about subtracting five from that?
Chef Queen:	Yeah, yeah, whatever. Move forward one, though.
CHEF ABBA:	Oh, oh, I know! Move by the number of letters in the name of this famous hyphenated dance form, but minus one (a hyphen isn't a letter, to be clear). This specific dance has only one hyphen.
Chef Queen:	Okie dokie. Move forward by the number of letters in the name of the most condensed of the three states of matter that we talk most often about.
CHEF ABBA:	I'll make this one easy. Just add five.
Chef Queen:	Obviously, we'll end with a square five, but two times.