**Example: Bulk Copy Table using Lookup and ForEach**

-- Step 1: Create the Customers table

CREATE TABLE Customers (

CID VARCHAR(50) PRIMARY KEY,

FirstName VARCHAR(50),

LastName VARCHAR(50),

Address VARCHAR(100),

City VARCHAR(50),

State VARCHAR(50),

Zip VARCHAR(10),

Email VARCHAR(100)

);

-- Step 2: Create the Orders table

CREATE TABLE Orders (

OrderID INT PRIMARY KEY,

CID VARCHAR(50),

OrderDate DATE,

ShippingMethod VARCHAR(50)

);

-- Step 3: Insert records from Customerorder table into Customers and Orders tables

INSERT INTO Customers (CID, FirstName, LastName, Address, City, State, Zip, email)

SELECT DISTINCT CID, FirstName, LastName, Address, City, State, Zip, email

FROM Customerorder;

INSERT INTO Orders (OrderID, CID, OrderDate, ShippingMethod)

SELECT OrderID, CID, OrderDate, ShippingMethod

FROM Customerorder;

-- Step 4: Display the inserted records from Customers table

SELECT count(\*)

FROM Customers;

-- Step 5: Display the inserted records from Orders table

SELECT count(\*)

FROM Orders;