

Cajun Gumbo

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Lois Lightfoot (UK)

Musik: Tear-Stained Letter - Patty Loveless



RIGHT KICK, STEP BACK, LEFT COASTER STEP

- 1-2 Kick right foot forward, hold for one beat.
3-4 Step right foot back, hold for one beat
5&6 Step left foot back, step right foot next to left, step left foot forward

RIGHT KICK, STEP BACK, LEFT COASTER STEP

- 7-8 Right kick forward, hold for one beat
9-10 Step right foot back, hold for one beat
11&12 Step left foot back, step right next to left, step left forward

PADDLE ¼, CROSS ROCK, PADDLE ½, CROSS ROCK

- 13& Step right forward, pivot 1/8 turn to left
14& Step right forward, pivot 1/8 turn to left
15&16 Cross rock right over left foot, rock onto left foot, step right in place
17& Step left forward, pivot ¼ turn to right
18& Step left forward, pivot ¼ turn to right
19&20 Cross rock left over right foot, rock onto right foot, step left in place

MAMBO FORWARD, MAMBO BACK, STEP SLIDE, OUT IN OUT

- 21&22 Rock right foot forward, rock back onto left, step right in place
23&24 Rock back onto left foot, rock forward onto right, step left in place
25-26 Step right foot to right side, drag left next to right
27&28 Touch left out to side, touch left next to right, touch left out to side

WALK FORWARD, LEFT, RIGHT, MAMBO BACK, STEP FORWARD

- 29-30 Step forward on left, step forward on right
31-32 Rock back onto left, rock forward onto right, step left forward

REPEAT
