

Cajun Twist

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Karen Melanson (CAN)

Musik: Rock This Country! - Shania Twain



VINE RIGHT, HEEL SWITCHES, HEEL & TOE SWIVELS

- 1-2 Step right foot to right side, step left foot behind right foot
- 3-4 Step right foot to right side, touch left heel forward
- &5 Quickly step left foot to home, touch right heel forward
- &6 Quickly step right foot to home, touch left heel forward
- 7-8 Swivel right heel to the right and left toe to the left, return to home

VINE LEFT, HEEL SWITCHES, HEEL & TOE SWIVELS

- 9-10 Step left foot to left side, step right foot behind left foot
- 11-12 Step left foot to left side, touch right heel forward
- &13 Quickly step right foot home, touch left heel forward
- &14 Quickly step left foot home, touch right heel forward
- 15-16 Swivel left heel to the left and right toe to the right, return to home

RIGHT & LEFT HEEL GRINDS, RIGHT SWIVEL

- 17-19 Rock right heel forward, rock back left with right toe to right, step right foot beside left
- 20-22 Rock left heel forward, rock back right with left toe to left, step left foot beside right
- 23-24 Swivel both heels to the right, swivel both heels home

LEFT & RIGHT HEEL GRINDS, LEFT SWIVEL

- 25-27 Rock left heel forward, rock back right with left toe to left, step left foot beside right
- 28-30 Rock right heel forward, rock back left with right toe to right, step right foot beside left
- 31-32 Swivel both heels to the left, swivel both heels home

SHUFFLE, KICKS WITH ½ TURN RIGHT, SHUFFLE, KICKS WITH ½ TURN LEFT

- 33&34 Step right foot forward & step left foot next to right, step right foot forward
- 35-36 Kick left foot forward, pivot ½ right and kick left foot back
- 37&38 Step left foot forward & step right foot next to left, step left foot forward
- 39-40 Kick right foot forward, pivot ½ turn left and kick right foot back

VINE RIGHT, LEFT VINE, ¼ TURN LEFT

- 41-42 Step right foot to right side, step left foot behind right foot
- 43-44 Step right foot to right side, touch left toe next to right foot and clap
- 45-46 Step left foot to left side, step right foot behind left foot
- 47-48 Step left foot to left side turning ¼ to left, touch right toe next to left foot and clap

RIGHT SIDE SHUFFLE, ROCK STEP, STOMPS, RIGHT SWIVELS

- 49&50 Step right foot to right side & step left foot next to right, step right foot to right side
- 51-52 Rock back on left foot, step forward on right foot
- 53-54 Stomp left foot to left side, stomp right foot next to left foot
- 55-56 Swivel both heels to the right, swivel both heels home

LEFT SIDE SHUFFLE, ROCK STEP, STOMPS, LEFT SWIVELS

- 57&58 Step left foot to left side & step right foot next to left, step left foot to left side
- 59-60 Rock back on right foot, step forward on left foot
- 61-62 Stomp right foot to right side, stomp left foot next to right foot

63-64

Swivel both heels to left side, swivel both heels home

REPEAT
