

Linda Lou

Count: 64

Wall: 0

Level:

Choreographer: Cindi Talbot (CAN)

Music: Linda Lou - The Tractors



For this dance to be phrased with the music properly, the last 16 counts should be dropped on the fourth repetition only.

STOMPS, KICK-BALL-CHANGES, STEPS

- 1 With weight on left, stomp right
- 2&3 Right kick-ball-change, moving forward
- 4 Step right forward
- 5 Keeping weight on right stomp left
- 6&7 Left kick-ball change, moving forward
- 8 Step left forward

SLOW PENDULUM, QUICK TURNING PENDULUM

- 1 Touch right toe out to right
- 2 Hold
- &3 Quickly step right, touch left toe out to left
- 4 Hold
- &5 Quickly step left, making 1\4 turn left, touch right toe right
- &6 Quickly step right, touch left toe left
- &7 Quickly step left, making 1\4 turn left, touch right toe right
- 8 Hold

1-16 Repeat first 16 counts

RIGHT SYNCOPATED VINE

- 1-2 Step right, step left behind right
- &3 Quickly step right, step left across right
- &4 Quickly step right, step left behind right
- 5-6 Step right to right, step left across right
- 7&8 Shuffle right-left-right

LEFT SYNCOPATED VINE

- 1-2 Step left, step right behind left
- &3 Quickly step left, step right across left
- &4 Quickly step left, step right behind left
- 5-6 Step left to left, step right across left
- 7&8 Shuffle left-right-left

RUNS FORWARD, SHUFFLES BACK

- 1-4 Run forward right left right left
- 5&6 Shuffle back right-left-right
- 7&8 Shuffle back left-right-left

1-8 Repeat last 8 counts

REPEAT

