

Cajun Girls & Gumbo

Count: 64

Wall: 2

Level: Improver

Choreographer: Mike Sliter (USA)

Music: Linda Lou - The Tractors



SIDE SHUFFLES, ½ TURN:

- 1&2 Side shuffle right (right-together-right)
- 3-4 Rock back on left at an angle; rock forward on right
- 5-6 Step left foot forward on a diagonal; hold
- 7-8 Turn ½ right on ball of left, touching right next to left; hold

SIDE SHUFFLES, ½ TURN:

- 1&2 Side shuffle right (right-together-right)
- 3-4 Rock back on left at an angle; rock forward on right
- 5-6 Step left foot forward on a diagonal; hold
- 7-8 Turn ½ right on ball of left, touching right next to left; hold

HEEL SWITCH STEPS, ¼ TURN:

- 1& Touch right heel forward; step right next to left
- 2& Touch left heel forward; step left next to right
- 3-4 Touch right heel forward; hold
- & Step right next to left
- 5-6 Cross left over right; hold
- 7-8 Unwind ¼ turn right; hold (weight is on left foot)

HEEL SWITCH STEPS, ¼ TURN:

- 1& Touch right heel forward; step right next to left
- 2& Touch left heel forward; step left next to right
- 3-4 Touch right heel forward; hold
- & Step right next to left
- 5-6 Cross left over right; hold
- 7-8 Unwind ¼ turn right; hold (weight is on left foot)

FULL TURN IN ¼ TURN INCREMENTS:

- 1-2 Step forward on right into ¼ turn left; touch left next to right
- 3-4 Step left ¼ turn left; touch right next to left
- 5-6 Step forward on right into ¼ turn left; touch left next to right
- 7-8 Step left ¼ turn left; touch right next to left

LOCK STEPS WITH BRUSHES:

- 1-2 Step forward on right at a slight diagonal; slide left up behind right
- 3-4 Step forward on right; brush forward with left
- 5-6 Step forward on left at a slight diagonal; slide right up behind left
- 7-8 Step forward on left; brush forward with right

FULL TURN IN ¼ TURN INCREMENTS:

- 1-2 Step forward on right into ¼ turn left; touch left next to right
- 3-4 Step left ¼ turn left; touch right next to left
- 5-6 Step forward on right into ¼ turn left; touch left next to right
- 7-8 Step left ¼ turn left; touch right next to left

RIGHT GRAPEVINE, ONE FULL TURN:

- 1-2 Step right to the side; cross left behind right
- 3-4 Step right to the side; cross left over right into $\frac{1}{4}$ turn right
- 5-6 Step on right into $\frac{1}{4}$ turn right; step forward on left into $\frac{1}{4}$ turn right
- 7-8 Step on right into $\frac{1}{4}$ turn right; step left next to right

REPEAT
