

Louisiana Get-Down

Compte: 32

Mur: 4

Niveau: Absolute Beginner



Chorégraphe: Helaine Norman (USA) - September 2023

Musique: Louisiana Saturday Night - Don Williams

ou: Louisiana Saturday Night - Mel McDaniel

Intro: 16 - No tags or restarts – (1 or 4 walls)

I. SHUFFLE, HITCH; BACKWARD TOE STRUTS X2

1-4 Step R forward, step L together, step R forward, hitch L

5-6 Touch L back, drop L heel

7-8 Touch R back, drop R heel

Optional instead of shuffle for counts 1-2-3: Run forward R-L-R

Optional instead of toe struts: Steps back for 2 counts each

II. SHUFFLE, HITCH; BACKWARD TOE STRUTS X2

1-4 Step L forward, step R together, step L forward, hitch R

5-6 Touch R back, drop R heel

7-8 Touch L back, drop L heel

Optional instead of shuffle for counts 1-2-3: Run forward L-R-L

Optional instead of toe struts: Steps back for 2 counts each

III. STEP TOGETHER STEP HITCH X2

1-4 Step R side, step L together, step R side, hitch L

5-8 Step L side, step R together, step L side, hitch R

IV. ¼ R TURN JAZZ BOX

1-4 Step R over, step L back

5-8 Step L side making ¼ turn right, step L together (3:00)

Note: For a 1-wall dance, stay at 12:00 without making the ¼ turn right.

REPEAT

Helaine43@gmail.com