In The Bayou AB



编舞者: Dee Palmer (USA) - September 2024

音乐: In the Bayou - Laine Hardy

Intro: Start on lyrics

TOE/HEEL STRUTS

1-4 R toe forward, drop heel, L toe forward, drop heel 5-8 R toe forward, drop heel, L toe forward, drop heel

2- ROCKING CHAIRS

1-4 Rock R forward, recover L, rock R back, recover L5-8 Rock R forward, recover L, rock R back, recover L

RESTART - WALL 2

VINE RIGHT, STEP RF TO RIGHT DIAGONAL, HIP BUMPS TO RIGHT DIAGONAL

1-4 Step RF to right, LF behind, RF to side, LF across

5-8 Step RF to right diagonal, bump hips to right diagonal 3 times (Wt on RF)

VINE LEFT, STEP LF TO LEFT DIAGONAL, HIP BUMPS TO LEFT DIAGONAL

1-4 Step LF to left, RF behind, LF to side, RF across

5-8 Step LF to left diagonal, bump hips to left diagonal 3 times (Wt on LF)

2 JAZZBOX STEPS EACH WITH 1/4 RIGHT TURN

1-2	Cross RF over LF, step LF back
1-2	CIUSS IN OVELLI. SIED LI DACK

3-4 Turning 1/4 right, step RF to side, step LF forward

5-6 Cross RF over LF, step LF back

7-8 Turning 1/4 right, step RF to side, step LF forward

K STEP

1-2	Step RF forward to right diagonal, touch L
3-4	Step LF back to left diagonal, touch R
5-6	Step RF back to right diagonal, touch L
7-8	Step LF forward to left diagonal, touch R

RESTART ON WALL 2 AFTER 16 CTS (Rocking Chairs)

NOTE: The song is long, so I cut the music at 3:00 and end the dance at 12:00

deliapalmer179@gmail.com