

Louisiana Hot Sauce

拍数: 32 墙数: 2 级数: Intermediate
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音乐: He's My Little Jalapeno - Scooter Lee



HEEL STRUTS, HEEL DROPS

- 1& Left heel forward; drop left toe lifting left heel & bending left knee
- 2& Drop left heel to the floor twice shifting weight to left foot
- 3& Right heel forward; drop right to lifting right heel & bending right knee
- 4& Drop right heel to the floor twice shifting weight to right foot

CROSS, UNWIND ½ TURN RIGHT, HEEL TWISTS, CLAP

- 5 Cross left over right, placing ball of left foot on floor
- 6 Unwind by turning right ½ and shifting weight to left foot with feet part
- 7&8 With weight on balls of both feet twist heels right, left, right
- & Clap hands

CAJUN JOGS FORWARD & CLAP

- 1&2 With weight mainly on balls of feet, step forward left, right, left
- & Lift right knee & hop on left foot clapping hands
- 3&4 With weight mainly on balls of feet step forward right, left, right
- & Lift left knee and hop on right foot clapping hands

BACK SKIPS & FORWARD STOMP, HOLD

- 5 Step back left crossing slightly behind right
 - & Hop on left foot lifting right knee
 - 6 Step right back crossing slightly behind left
 - & Rock back on ball of left foot
 - 7 Stomp right to right forward diagonal bending right knee with weight over right foot
- (Optional: Arms out to sides, palms down on count 7)**
- 8 Hold

CROSS ROCKS & PADDLE TURN-LEFT

- 1 Cross left in front of right rocking onto left bending both knees
- & Replace weight back to right straightening both legs
- 2 Small step left to left side
- 3 Cross right in front of left rocking onto right bending both knees
- & Replace weight back to left straightening both legs
- 4 Small step right to right side
- 5 Cross left in front of right rocking onto left bending both knees

- & Replace weight back to right straightening both legs
- 6 Small step left to left side turning /14 left starting a left paddle turn
- & Continuing left paddle turn with right foot slightly behind left, step on ball of right foot
- 7 Replace weight to left foot continuing left turn
- & Left paddle turn with right foot slightly behind left, step on ball of right foot
- 8 Replace weight to left foot completing paddle turn

(You are now facing the same wall you were when you did the cross rocks)

CROSS ROCKS & PADDLE TURN-RIGHT

- 1 Cross right in front of left rocking onto right bending both knees
 - & Replace weight back to left straightening both legs
 - 2 Small step right to right side
 - 3 Cross left in front of right rocking onto left bending both knees
 - & Replace weight back to right straightening both legs
 - 4 Small step left to left side
 - 5 Cross right in front of left rocking onto right bending both knees
 - & Replace weight back to left straightening both legs
 - 6 Small step right to right side turning /14 right starting a right paddle turn
 - & Continuing right paddle turn with right foot slightly behind left, step on ball of left foot
 - 7 Replace weight to right foot continuing right turn
 - & Right paddle turn with left foot slightly behind right, step on ball of left foot
 - 8 Replace weight to right foot completing paddle turn
- (You are now facing the same wall you were when you did the cross rocks)**

REPEAT
