

# The Flyin' Cajun

**COPPER** **NOB**  
BY STEPHEN

拍数: 80      墙数: 0      级数:  
编舞者: Sherry Palencia (USA)  
音乐: Down At the Twist and Shout - Mary Chapin Carpenter



## ENTRANCE (16 COUNTS)

### RIGHT STEP TOGETHER STEP, HOP TO TURN ½ RIGHT, LEFT STEP TOGETHER STEP, HOP TO TURN ½ LEFT

1-4            Step right on right foot, bring left foot to right, step on right foot, hop to turn ½ right  
5-8            Step left on left foot, bring right foot to left, step on left foot, hop to turn ½ left

### RIGHT STEP TOGETHER STEP, HOP IN PLACE, FORWARD STEP TOGETHER STEP, RIGHT HEEL DIG (AND CLAP)

1-4            Step right on right foot, bring left foot to right, step on right foot, hop in place  
5-8            Step forward on left foot, bring right foot to left, step forward on left foot, dig with right heel (and clap)

## BODY OF DANCE (64 COUNTS)

### RIGHT FOOT ROCKS BACK AND FORWARD ON BALL OF FOOT THREE TIMES, RIGHT FOOT STEPS FORWARD AND HOP (FORWARD)

1-4            With weight on left foot, rock back on ball of right foot, (recover weight to left foot) and rock forward on ball of right foot  
5-8            Rock back on ball of right foot, (recover weight to left foot,) and step/hop forward on right  
1-4            With weight on left foot, rock back on ball of right foot, and hop on right foot

### LEFT SYNCOPATED TRIPLE, RIGHT SYNCOPATED TRIPLE, LEFT SYNCOPATED TRIPLE, RIGHT SYNCOPATED TRIPLE (DESCRIBED BELOW), LEFT FOOT HOPS

1-3            Left foot steps forward, right foot crosses in front of left, left foot steps in place  
4-6            Step to right, left foot crosses in front of right, right foot steps in place  
7-9            Step to left, right foot crosses in front of left, left foot steps in place  
10-12        Step to right, left foot crosses in front of right, right foot steps in place, hop on left foot

### BACK RIGHT, HOP, BACK LEFT, HOP, BACK RIGHT, HOP, ROCK BACK LEFT AND RIGHT STEP FORWARD

1-4            Step back on right, hop on right, step back on left, hop on left  
5-8            Step back on right, hop on right, rock back on left, and lift right leg

### LEFT FOOT ROCKS BACK AND FORWARD ON BALL OF FOOT THREE TIMES, LEFT FOOT STEPS FORWARD AND HOPS (FORWARD)

1-4            With weight on right foot, rock back on ball of left foot, (recover weight to right foot) and rock forward on ball of left foot  
5-8            Rock back on ball of left foot, (recover weight to right foot,) and step/hop forward on left  
9-12        With weight on right foot, rock back on ball of left foot, and hop on left foot

### RIGHT SYNCOPATED TRIPLE, LEFT SYNCOPATED TRIPLE, RIGHT SYNCOPATED TRIPLE,, LEFT SYNCOPATED TRIPLE (DESCRIBED BELOW), RIGHT FOOT HOPS

1-3            Right foot steps forward, left foot crosses in front of right, right foot steps in place  
4-6            Step to left, right foot crosses in front of left, right foot steps in place  
7-9            Step to right, left foot crosses in front of right, right foot steps in place  
10-12        Step to left, right foot crosses in front of left, right foot lifts

### BACK RIGHT, HOP, BACK LEFT, HOP, BACK RIGHT, HOP, BACK LEFT, HOP

1-4            Step back on right, hop on right, step back on left, hop on left

5-8

Step back on right, hop on right, step back on left, hop on left

**REPEAT**

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