

# Cajun Twist

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Karen Melanson (CAN)  
音乐: Rock This Country! - Shania Twain



## VINE RIGHT, HEEL SWITCHES, HEEL & TOE SWIVELS

1-2            Step right foot to right side, step left foot behind right foot  
3-4            Step right foot to right side, touch left heel forward  
&5            Quickly step left foot to home, touch right heel forward  
&6            Quickly step right foot to home, touch left heel forward  
7-8            Swivel right heel to the right and left toe to the left, return to home

## VINE LEFT, HEEL SWITCHES, HEEL & TOE SWIVELS

9-10           Step left foot to left side, step right foot behind left foot  
11-12          Step left foot to left side, touch right heel forward  
&13           Quickly step right foot home, touch left heel forward  
&14           Quickly step left foot home, touch right heel forward  
15-16          Swivel left heel to the left and right toe to the right, return to home

## RIGHT & LEFT HEEL GRINDS, RIGHT SWIVEL

17-19          Rock right heel forward, rock back left with right toe to right, step right foot beside left  
20-22          Rock left heel forward, rock back right with left toe to left, step left foot beside right  
23-24          Swivel both heels to the right, swivel both heels home

## LEFT & RIGHT HEEL GRINDS, LEFT SWIVEL

25-27          Rock left heel forward, rock back right with left toe to left, step left foot beside right  
28-30          Rock right heel forward, rock back left with right toe to right, step right foot beside left  
31-32          Swivel both heels to the left, swivel both heels home

## SHUFFLE, KICKS WITH ½ TURN RIGHT, SHUFFLE, KICKS WITH ½ TURN LEFT

33&34          Step right foot forward & step left foot next to right, step right foot forward  
35-36          Kick left foot forward, pivot ½ right and kick left foot back  
37&38          Step left foot forward & step right foot next to left, step left foot forward  
39-40          Kick right foot forward, pivot ½ turn left and kick right foot back

## VINE RIGHT, LEFT VINE, ¼ TURN LEFT

41-42          Step right foot to right side, step left foot behind right foot  
43-44          Step right foot to right side, touch left toe next to right foot and clap  
45-46          Step left foot to left side, step right foot behind left foot  
47-48          Step left foot to left side turning ¼ to left, touch right toe next to left foot and clap

## RIGHT SIDE SHUFFLE, ROCK STEP, STOMPS, RIGHT SWIVELS

49&50          Step right foot to right side & step left foot next to right, step right foot to right side  
51-52          Rock back on left foot, step forward on right foot  
53-54          Stomp left foot to left side, stomp right foot next to left foot  
55-56          Swivel both heels to the right, swivel both heels home

## LEFT SIDE SHUFFLE, ROCK STEP, STOMPS, LEFT SWIVELS

57&58          Step left foot to left side & step right foot next to left, step left foot to left side  
59-60          Rock back on right foot, step forward on left foot  
61-62          Stomp right foot to right side, stomp left foot next to right foot

63-64

Swivel both heels to left side, swivel both heels home

**REPEAT**

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