

Louisiana Sailor

拍数: 32 墙数: 4 级数: Improver
编舞者: Michele Burton (USA) - June 2012
音乐: Going Back to Louisiana - Delbert McClinton : (CD: Austin City Limits - 3:25)



Alt. Music:-

Going Back To Louisiana – Delbert McClinton – CD: Classics, Volume One (2:50)
Going Back To Louisiana – Scooter Lee – CD: Home To Louisiana
Car Wash, by Melanie C - Shape Fitness Music: Cardio Vol. 4
Boogie Shoes, KC and The Sunshine Band
Choose any music with a swing feel - bpm between 120 - 126

[1 – 8] POINT FRONT, SIDE ~ COASTER STEP ~ POINT FRONT, SIDE ~ COASTER STEP

1 – 2 Point R toes forward; Point R toes to right side
3 & 4 Step R back; Step L next to R; Step L forward
5 – 6 Point L toes forward; Point L toes to left side
7 & 8 Step L back; Step R next to L; Step R forward

Easy option for the coaster steps: triple step in place

[9 – 16] ROCK RETURN ~ ½ TURN TRIPLE ~ ROCK RETURN ~ ¼ TURN TRIPLE

1 – 2 Rock R forward; Return weight to left
3 & 4 Turn ¼ right, step to right; Step L next to R; Turn ¼ right, step R forward
5 – 6 Rock L forward; Return weight to R
7 & 8 Turn ¼ left, step L to left; Step R next to L; Step L to left

Styling: Slightly under rotate the ¼ turn, making it a breeze to get into the sailors

[17-24] SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP

1 & 2 Step R behind L; Step L to left; Step R to right diagonal
3 & 4 Step L behind R; Step R to right; Step L to left diagonal
5 & 6 Step R behind L; Step L to left; Step R to right diagonal
7 & 8 Step L behind R; Step R to right; Step L to left diagonal

Think of the sailors as 'ball, ball, step'

[25-32] WEAWE LEFT ~ TOUCH STEP ~ TOUCH STEP

1 – 4 Step R behind L; Step L to left; Step R in front of L; Step L to left
5 – 6 Touch R beside L; Step R to right;
7 – 8 Touch L beside R; Step L to left

For a challenge, try 2 kick ball changes for cts. 5 - 8

5 & 6 Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place
7 & 8 Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place

BEGIN AGAIN

This dance might provide a good introduction to sailor steps. We use this dance at the end of a 7 week beginner session as practice with different types of triples in the swing rhythm.

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