

Cajun Twist

COPPER KNOB
STEPSHEETS

拍數: 16 牆數: 4 級數: Beginner
編舞者: Susan Reynolds (USA) - May 2018
音樂: Down At the Twist and Shout - Mary Chapin Carpenter



LOCK STEPS R, L, ¼ TURN L, STEP, L SIDE MAMBO

1&2 Step R forward, Step L forward and crossed behind R, Step R forward
3&4 Step L forward, Step R forward and crossed behind L, Step L forward
5&6 Step R as pivot turn 1/4 L (weight on L), Step R beside L
7&8 Step L to side, Step R in place, Step L beside R

R SIDE MAMBO, BACK LOCK STEPS L, R, BACK COASTER

1&2 Step R to side, Step L in place, Step R beside L
3&4 Step L back, Step R back and crossed in front of L, Step L back
5&6 Step R back, Step L back and crossed in front of L, Step R back
7&8 Step L back, Step R back beside L, Step L forward

(Note: Instead of lock steps, shuffles can be substituted.)

Last Update – 8th Feb. 2019 - R2