

Move Your Feet Cajun Style

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Helaine Norman (USA) - February 2023
音樂: You're At a Party Tonight - The Mudbugs Cajun & Zydeco Band



Intro: 32 - No tags or restarts

I. HEEL, HOOK, KICK, HITCH; SHUFFLE, HOLD

1-2 Touch R heel forward, hook R over
3-4 Touch R heel forward, hitch R
5-8 Step R forward, step L together, step R forward, hold

Optional for heel forward: Kick forward

II. HEEL, HOOK, KICK, HITCH; SHUFFLE, HOLD

1-2 Touch L heel forward, hook L over
3-4 Touch L heel forward, hitch L
5-8 Step L forward, step R together, step L forward, hold

Optional for heel forward: Kick forward

III. MAMBO, HOLD; SHUFFLE ½ L TURN

1-4 Rock R forward, recover to L, step R back, hold
5-8 Step L side making ¼ turn L (9:00), step R together, step L forward making ¼ turn left (6:00), hold

IV. CHASE ½ L TURN, HOLD; SAILOR ¼ L TURN, HOLD

1-4 Step R forward making ½ turn left, weight to L (12:00), step R forward, hold
5-8 Sweep to step L behind making ¼ turn left (9:00), step R side, step L side

Optional for 1-4: SHUFFLE ½ L TURN (12:00), HOLD

1-4 Step R side making ¼ turn left (3:00), step L together, step R side making ¼ turn left (12:00), hold

REPEAT

Helaine43@gmail.com

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