

Cajun Thang (Walker-Rollator)

拍數: 32 牆數: 4 級數: Newcomer - Walker
編舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA) - May 2003
音樂: Cool Cool Mardi Gras - Scooter Lee
或: He's My Little Jalapeno - Scooter Lee
或: Please Please - Scooter Lee
或: Would You Consider - Scooter Lee



(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, ajluv2dans@gmail.com, Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

TOE STRUTS FORWARD RIGHT, LEFT, RIGHT, LEFT

- 1-2 Step forward with Right toe (1), Drop Right heel (2).
- 3-4 Step forward with Left toe (3), Drop Left heel (4).
- 5-6 Step forward with Right toe (5), Drop Right heel (6).
- 7-8 Step forward with Left toe (7), Drop Left heel (8).

Option: To make the above 8 counts easier, you may step, hold, step, hold, etc. As a variation, you may do 4 heel struts by stepping on the heel first and then dropping the toe.

TOE STRUTS BACK RIGHT, LEFT, RIGHT, LEFT

- 1-2 Step back with ball of Right foot (1), Drop Right heel (2).
- 3-4 Step back with ball of Left foot (3), Drop Left heel (4).
- 5-6 Step back with ball of Right foot (5), Drop Right heel (6).
- 7-8 Step back with ball of Left foot (7), Drop Left heel (8).

SIDE MAMBO RIGHT AND LEFT (within the width of the walker)

- 1-2 Rock Right foot to Right side (1), Replace weight to Left foot (2).
- 3-4 Step together with Right foot (3), Hold (4).
- 5-6 Rock Left foot to Left side (5), Replace weight to Right foot (6).
- 7-8 Step together with Left foot (7), Hold (8).

WALK FORWARD ARCING IN 1/4 TURN RIGHT

- 1-2 Step Right forward beginning 1/4 arc right (1), Hold (2).
- 3-4 Step forward with Left foot (3), Hold (4).
- 5-6 Step Right forward completing 1/4 arc right (5), Hold (6).
- 7-8 Step Left foot beside Right (7), Hold (8).

START AGAIN FROM BEGINNING OF DANCE.
