

# 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



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(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, [ajluv2dans@gmail.com](mailto: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.**

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