

Cajun Bayou

拍數: 92 牆數: 0 級數: Phrased Advanced
編舞者: #LE (BEL), Marthijn Houben (BEL) & Wim Tribout (BEL) - February 2024
音樂: Born and Raised (On the Bayou) - Dan Smalley



Info: Intro 16 counts

Sequence: ABC ABC *C (last 16 counts) B* (first 16 counts) B* B*

Part A: 32 counts

Applejack L+R, ½ rumba box bwd, applejack L+R, ½ rumba box fwd

- 1 Open Left toe and Right Heel to the left side at the same time
- & close Left toe and Right heel to the right side at the same time
- 2 Open Right toe and Left Heel to the Right side at the same time
- & close Right toe and Left heel to the Left side at the same time
- 3 step right to right side
- & step left by right
- 4 step right back
- & step left beside right
- 5 Open Left toe and Right Heel to the left side at the same time
- & close Left toe and Right heel to the right side at the same time
- 6 Open Right toe and Left Heel to the Right side at the same time
- & close Right toe and Left heel to the Left side at the same time
- 7 step Left to left side
- & step right by left
- 8 step left forward

Syncopated half diamond, behind, ¼ turn L, ¼ turn L, step bwd, drag, stomp up

- 1 cross Right over Left
- & step Left back turn ¼ Right
- 2 step Right to Right side
- 3 cross Left behind Right
- & step Right back turn ¼ Right
- 4 step Left to Left side
- 5 step Right behind Left
- & step Left to the left side ¼ turn Left
- 6 step Right to the right side ¼ turn Left
- 7 step Left back
- 8 drag Right
- & stomp Right next to left

Pendulum swing 2x

- 1 swing Right out to the right side
- & step right by Left
- 2 swing Left out to the left side
- & step Left by Right
- 3 swing Right out to the Right side
- & Kick Right to Right side
- 4 step Right by Left
- 5 swing Left out to the Left side
- & step Left by Right,
- 6 swing Right out to the right side

- & step Right by Left
- 7 swing Left out to the Left side
- 8 kick Left to Left side

Coasterstep, step fwd, spiral full turn L, step fwd, step ½ L, coasterstep

- 1 step back on Left
- & step right by left
- 2 step forward on left
- 3 step forward on right
- 4 turning a full turn left on right foot hooking left leg under right knee
- 5 step forward on Left
- 6 step Right back turn ½ Left
- 7 step back on Left
- & step right by left
- 8 step forward on left

Part B: 28 counts

Out, out, step lock step bwd, touch bwd, ½ L, point fwd, point R

- 1 step Right forward out to Right
- 2 step Left out to left
- 3 step Right backward
- & cross Left in front of Right
- 4 step Right backward
- 5 touch Left toe back
- 6 unwind ½ Left
- 7 point Right forward
- 8 point Right to right side

Touch across, unwind (2x), moon walk bwd, touch

- 1 Right toe step across left (raise left heel)
- 2 unwind ½ turn Left and right heel down
- 3 Left toe step across right (raise right heel)
- 4 unwind ½ turn Right and left heel down
- 5 touch Right toe back and put weight on right
- 6 touch Left toe back and put weight on left
- 7 touch Right toe back and put weight on right
- 8 touch Left by right

Rolling vine, stomp up, bodyroll, heel, toe

- 1 step Left to left turning ¼ turn to the left at the same time
- 2 step right forward turning ½ turn to the left at the same time
- 3 step left back turning ¼ turn to the left at the same time
- 4 stomp Right by Left
- 5-6 body roll starting from bottom to top
- 7 touch Right heel forward
- 8 touch Right toe back

Jazz box cross

- 1 cross Right over Left
- 2 step back Left
- 3 step Right to Right side
- 4 cross Left over Right

Part C: 32 counts

Kick, rock bwd (R+L) , vine ¼, pivot ½ turn R, ½ turn R

1 kick Right foot forward
 & step right to right side
 2 rock Left behind Right
 & recover on Right
 3 kick Left foot forward
 & step Left tot Left side
 4 rock Right behind Left
 & recover on Left
 5 step Right to Right side
 & cross Left behind Right
 6 step Right ¼ Turn Right
 7 left step forward
 & ½ turn Right
 8 turn ½ Right stepping back on Left

Sweep (2x), rock bwd, stomp, heel swivel, rock bwd, heel switches, ¼ L hook

& sweep Right foot back
 1 step Right back
 & sweep Left foot back
 2 step Left back
 3 rock right back
 & recover on Left
 4 stomp Right by Left
 & swivel Right and Left heel to Right side (weight on toes)
 5 Right and left heel back to center
 6 rock Right back
 & recover on Left
 7 touch right heel diagonally forward
 & step Right by Left
 8 touch Left heel diagonally forward and turn ¼ left
 & hook Left in front of Right

Shuffle fwd, rock ½ R, rock ½ L, louie louis

1 step Left forward
 & step Right by Left
 2 step Left Forward
 3 rock Right forward
 & recover on Left
 4 ½ turn Right step
 5 rock Left forward
 & recover on Right
 6 ½ turn Left step
 7-8 Right heel to Right and Left heel to Left
 & return both heels to center

Step bwd, kick, step bwd, kick, rock, stomp, 2x monterey ½ R

1 step Right back
 & Kick left forward
 2 step Left back
 & Kick Right forward
 3 Rock Right back
 & recover on Left
 4 Stomp Right by Left
 5 Point Right out to Right side

& make ½ turn over Right stepping Right towards Left
6 Point Left out to Left Side
& step Left towards Right
7 Point Right out to Right Side
& make ½ turn over Right stepping Right towards Left
8 Point Left out to Left side
& step Left towards Right

TIME TO TEST THOSE LEGS, HAVE FUN
