

# 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**

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