

# Fais Do Do

拍數: 64      牆數: 4      級數:  
編舞者: Michelle Chandonnet (CAN)  
音樂: Fais Do Do - Charlie Daniels



## STEP RIGHT, SLIDE, CROSS STOMP, HOLD, REPEAT TO LEFT

1-4            Step right to right, slide left next to right and step, cross right in front of left and stomp, hold  
5-8            Step to left with left, slide right next to left and step, cross left in front of right and stomp, hold

## STEP RIGHT, LOCK, STEP, HOLD, REPEAT TO LEFT

1-4            Step diagonally forward on right, lock left behind right and step, step diagonally forward on right, hold  
5-8            Step diagonally forward on left, lock right behind left and step, step diagonally forward on left, hold

## KICK, STEP RIGHT, KICK, STEP LEFT, REPEAT

**Option: Join your hands behind your back for these 8 counts**

1-4            Kick forward with right, cross step right behind left, kick forward with left, cross step left behind right  
5-8            Repeat 1-4

## ROCK FORWARD RIGHT, ROCK BACK LEFT, ROCK FORWARD RIGHT, HOLD, REPEAT WITH LEFT

1-4            Rock forward on right, recover weight to left, rock forward on right, hold  
5-8            Rock forward on left, recover weight to right, rock forward on left, hold

## VINE RIGHT AND TOUCH, TOUCH LEFT HEEL FORWARD, HITCH LEFT, TOUCH LEFT HEEL FORWARD, HOLD, REPEAT TO LEFT

1-4            Step to right with right, cross step left behind right, step to right with right, touch left next to right  
5-8            Touch left heel forward, hitch left knee, touch left heel forward (as you do this you say Yee Ha), hold

**Option: During 5-8, interlace the fingers of your hands with your palms downward over your left knee. Lift up your hands as your knee comes up and lower your hands as your knee goes down.**

1-4            Step to left with left, cross step right behind left, step to left with left, touch right next to left  
5-8            Touch right heel forward, hitch right knee, touch right heel forward (as you do this say Yee Ha), hold

**Option: During 5-8, interlace the fingers of your hands with your palms downward over your right knee. Lift up your hands as your knee comes up and lower your hands as your knee goes down.**

## ROCK FORWARD RIGHT, RECOVER, ROCK BACK RIGHT, RECOVER, STEP HALF TURN LEFT, HITCH STEP ½ TURN, HITCH STEP ¼ TURN

1-4            Rock forward on right, recover weight to left, rock back on right, recover weight to left  
5-8            Step forward on right, turn ½ turn left on ball of right foot while hitching left knee, step onto ¼ turn with left, hitch right knee

## VINE RIGHT AND HITCH, VINE LEFT AND HITCH

1-4            Step to right with right, cross step left behind right, step to right with right, hitch left knee  
5-8            Step to left with left, cross step right behind left, step to left with left, hitch right knee

## REPEAT

"Fais Do Do" (rhymes with PLAY-DOH DOH) literally translates from French into "Go to sleep". But for Louisiana's Cajun population, it means much more. A Fais Do Do is an all-night dance party, usually held in someone's home. In the wee hours, the young children, sitting under the kitchen table, out of the way of the

dancing feet, are fighting their eyelids to stay awake, not wanting to miss any of the fun. Mawmaw encourages them to relax and go to sleep with a gentle "Fais do do, mon bébé" ("Go to sleep, my baby"). The grownups continue to party until the morning light.

Mary Chapin Carpenter mentions such a party in Down At The Twist And Shout ("You learned to love at the Fais Do Do when you heard a little Jolie Blon".) Scooter Lee also mentions it in Jai du Boogie ("They got music and dancing southern style, called a Fais Do Do, let's go for a while").

By the way, Jolie Blon is the title of a beautiful waltz that is intricately tied into the Cajun culture. Many Cajun couples have fallen in love to the beautiful, sad lyrics and haunting melody. It is practically the official Cajun Anthem.

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