

Cajun Hop

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Chris Peel (UK)
音樂: Louisiana Saturday Night - Mel McDaniel



CHASSÉ RIGHT-HITCH, CHASSÉ LEFT-HITCH

1&2& Side step right-step left together, side step right-hitch left
3&4& Side step left-step right together, side step left-hitch right

STEPS BACK WITH HITCHES, COASTER BACK-HITCH

5&6& Step back right-hitch left, step back left-hitch right
7&8& Step back right-step left together, step forward right-hitch left

CHARLESTON KICK, CHASSÉ ¼ TURN LEFT-HITCH

9&10& Step left forward-kick right, step right home-touch back left
11&12& Side step left-step right together, step ¼ turn left-hitch right

CROSS-ROCKS, RIGHT-HITCH, CROSS-ROCKS, LEFT-HITCH

13&14& Rock right across left-rock weight back on right, rock weight forward on right twisting to right diagonal-hitch left
15&16& Step left across right-rock weight back on left, rock weight forward on left maintaining direction-hitch right

RIGHT HEEL JACKS (DIAGONALLY TO RIGHT)

17&18& Step right back-touch left heel diagonally forward to left, step left home-touch right beside left
19&20& Step right back-touch left heel diagonally forward, step left home twisting to left diagonal-step right together

LEFT HEEL JACKS (DIAGONALLY TO LEFT)

21&22& Step left back-touch right heel diagonally forward to right, step right home-touch left beside right
23&24& Step left back-touch right heel diagonally forward, step right home twisting to center-hitch left

STEPS BACK- HITCH, COASTER BACK-HITCH

25&26& Step left back-hitch right, step back right-hitch left
27&28& Step left back-step right together, step forward left-hitch right

STEP FORWARD-HITCH, ¼ TURN LEFT-HITCH, ¼ TURN LEFT-HITCH, STEP-HITCH

29&30& Step right forward-hitch left, step ¼ turn left-hitch right
31&32& Step ¼ turn left on right-hitch left, step left in place-hitch right

REPEAT
