

Cajun Swing

拍數: 40 牆數: 1 級數: Intermediate
編舞者: Joyce Heist (USA)
音樂: Down At the Twist and Shout - Mary Chapin Carpenter



HEEL & TOE TAPS, SIDE SHUFFLE (RIGHT) (REPEAT WITH LEFT FOOT)

- 1 Tap right heel forward at an angle
- 2 Touch right toe back together
- 3 Step right to side
- & Step left together
- 4 Step right to side
- 5 Tap left heel forward at an angle
- 6 Touch left toe back together
- 7 Step left to side
- & Step right together
- 8 Step left to side

BACK ROCK-RECOVER, FORWARD ROCK-RECOVER, JUMP AND HITCH

- 9 Step (rock) right backward while slightly lifting left foot off floor
- 10 Lower left foot back to floor (recover)
- 11 Step (rock) right forward while slightly lifting left foot off floor
- 12 Lower left foot back to floor (recover)
- 13 Jump right backward while kicking left foot forward
- & Step left foot down slightly forward
- 14 Step right forward
- & Step left backward
- 15 Jump right backward while kicking left foot forward
- & Step left foot down slightly forward
- 16 Stomp right together

VINE (LEFT) WITH A TOUCH, VINE (RIGHT) WITH A TOUCH

- 17 Step left to side
- 18 Cross step right behind left foot
- 19 Step left to side
- 20 Touch right next to left foot
- 21 Step right to side
- 22 Cross step left behind right foot
- 23 Step right to side
- 24 Touch left next to right foot

TOE TOUCHES (FORWARD, SIDE, BACKWARD), STEP TOGETHER (REPEAT WITH RIGHT FOOT)

- 25 Touch left toe forward
- 26 Touch left toe out to side
- 27 Touch left toe backward
- 28 Step left together
- 29 Touch right toe forward
- 30 Touch right toe out to side
- 31 Touch right toe backward
- 32 Step right together

½ PIVOT TURN (LEFT), SHUFFLE FORWARD, (REPEAT WITH LEFT FOOT)

- 33 Step right forward
- 34 On (balls of) both feet pivot $\frac{1}{2}$ turn left shifting weight to left foot
- 35 Step right forward
- & Step left together
- 36 Step right forward
- 37 Step left forward
- 38 On (balls of) both feet pivot $\frac{1}{2}$ turn right shifting weight to right foot
- 39 Step left forward
- & Step right together
- 40 Step left forward

REPEAT
