

Cajun Thang

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA) - May 2003
音樂: Cool Cool Mardi Gras - Scooter Lee



Music: Cajun, Two Step or Mambo type songs:

Cool, Cool Mardi Gras, Tulane, He's My Little Jalapeno, Please, Please, Would You Consider all by Scooter Lee (scooterleecom, cdbabycom, Amazoncom or iTunescom)

Mambo #5 by Lou Bega, Too Many Pockets by Darryl Worley

[1-8] 4 TOE STRUTS FORWARD (R,L,R,L)

1-2 Step R toe forward; Drop R heel
3-4 Step L toe forward; Drop L heel
5-6 Step R toe forward; Drop R heel
7-8 Step L toe forward; Drop L heel

Easier option: Instead of toe struts, you may do 4 slow forward walks R,L,R,L

Variation: You may do 4 heel struts - Step heel first and then drop the toe

[9-16] 4 TOE STRUTS BACK (R,L,R,L)

1-2 Step R toe back; Drop R heel
3-4 Step L toe back; Drop L heel
5-6 Step R toe back; Drop R heel
7-8 Step L toe back; Drop L heel

[17-24] MAMBO RIGHT, HOLD, MAMBO LEFT, HOLD

1-2 Rock R to right; Recover to L
3-4 Step R beside L; Hold
5-6 Rock L to left; Recover to R
7-8 Step L beside R; Hold

[25-32] MAMBO RIGHT with 1/4 TURN RIGHT, HOLD, MAMBO LEFT, HOLD

1-2 Rock R to right; Recover to L turn 1/4 right
3-4 Step R beside L; Hold
5-6 Rock L to left; Recover to R
7-8 Step L beside R; Hold

Note: To make this a 1-wall dance, omit the 1/4 turn.

Start again from the beginning

Last Revision - 10th Jan 2014