

# Louisiana Sailor

拍數: 32      牆數: 4      級數: Improver  
編舞者: Michele Burton (USA) - June 2012  
音樂: Going Back to Louisiana - Delbert McClinton : (CD: Austin City Limits - 3:25)



## Alt. Music:-

Going Back To Louisiana – Delbert McClinton – CD: Classics, Volume One (2:50)  
Going Back To Louisiana – Scooter Lee – CD: Home To Louisiana  
Car Wash, by Melanie C - Shape Fitness Music: Cardio Vol. 4  
Boogie Shoes, KC and The Sunshine Band  
Choose any music with a swing feel - bpm between 120 - 126

## [1 – 8] POINT FRONT, SIDE ~ COASTER STEP ~ POINT FRONT, SIDE ~ COASTER STEP

1 – 2            Point R toes forward; Point R toes to right side  
3 & 4            Step R back; Step L next to R; Step L forward  
5 – 6            Point L toes forward; Point L toes to left side  
7 & 8            Step L back; Step R next to L; Step R forward

Easy option for the coaster steps: triple step in place

## [9 – 16] ROCK RETURN ~ ½ TURN TRIPLE ~ ROCK RETURN ~ ¼ TURN TRIPLE

1 – 2            Rock R forward; Return weight to left  
3 & 4            Turn ¼ right, step to right; Step L next to R; Turn ¼ right, step R forward  
5 – 6            Rock L forward; Return weight to R  
7 & 8            Turn ¼ left, step L to left; Step R next to L; Step L to left

Styling: Slightly under rotate the ¼ turn, making it a breeze to get into the sailors

## [17-24] SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP

1 & 2            Step R behind L; Step L to left; Step R to right diagonal  
3 & 4            Step L behind R; Step R to right; Step L to left diagonal  
5 & 6            Step R behind L; Step L to left; Step R to right diagonal  
7 & 8            Step L behind R; Step R to right; Step L to left diagonal

Think of the sailors as 'ball, ball, step'

## [25-32] WEAVE LEFT ~ TOUCH STEP ~ TOUCH STEP

1 – 4            Step R behind L; Step L to left; Step R in front of L; Step L to left  
5 – 6            Touch R beside L; Step R to right;  
7 – 8            Touch L beside R; Step L to left

## For a challenge, try 2 kick ball changes for cts. 5 - 8

5 & 6            Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place  
7 & 8            Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place

## BEGIN AGAIN

This dance might provide a good introduction to sailor steps. We use this dance at the end of a 7 week beginner session as practice with different types of triples in the swing rhythm.

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