

Cajun Twist

COPPER KNOB
STEPSHEETS

Count: 16

Wand: 4

Ebene: Beginner

Choreograf/in: Susan Reynolds (USA) - May 2018

Musik: Down At the Twist and Shout - Mary Chapin Carpenter



LOCK STEPS R, L, ¼ TURN L, STEP, L SIDE MAMBO

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|-----|---|
| 1&2 | Step R forward, Step L forward and crossed behind R, Step R forward |
| 3&4 | Step L forward, Step R forward and crossed behind L, Step L forward |
| 5&6 | Step R as pivot turn 1/4 L (weight on L), Step R beside L |
| 7&8 | Step L to side, Step R in place, Step L beside R |

R SIDE MAMBO, BACK LOCK STEPS L, R, BACK COASTER

- | | |
|-----|---|
| 1&2 | Step R to side, Step L in place, Step R beside L |
| 3&4 | Step L back, Step R back and crossed in front of L, Step L back |
| 5&6 | Step R back, Step L back and crossed in front of L, Step R back |
| 7&8 | Step L back, Step R back beside L, Step L forward |

(Note: Instead of lock steps, shuffles can be substituted.)

Last Update – 8th Feb. 2019 - R2
