

Cajun Strut

Count: 44

Wand: 4

Ebene: Improver

Choreograf/in: Adrian Churm (UK)

Musik: Cajun Strut - Dave Sheriff



HEEL STRUTS, COASTER STEP, CAJUN WALKS WITH COASTER STEP

- 1-4 Step right heel forward, lower right foot, step left heel forward, lower left foot
5-8 Right foot steps back close left to right, right foot forward, hitch left knee up

2 CAJUN WALKS WITH HITCH TURN, GRAPE VINES TO THE SIDE

- 9-12 Step left foot forward, close right towards left, left foot forward, hitch right knee up and make ½ a turn to the left at the same time
13-16 Step right foot forward, close left towards right, right foot forward, hitch left knee up and make ¼ turn to the right at the same time
17-20 Step left foot to the left side, right steps behind left, left steps to the side, stomp right foot up
21-24 Step right foot to the right, left steps behind right, right steps to the side, close left foot to right

SWIVETS, STOMPS, HEEL SPLITS, CAJUN WALKS WITH TURNS

- 25-28 Lift toes up of left foot and heel of right foot and swing both feet to the left then back to center and repeat one time
29-32 Stomp right and left foot in place, and swing both heels out then back in
33-36 Step left foot forward, close right foot towards left, left foot steps forward, hitch right knee up as you make ½ a turn to the left
37-40 Repeat 33-36 on opposite foot
41-44 Left foot steps forward, close right to left, left foot forward, hitch right knee up

REPEAT
