|  |  |
| --- | --- |
| Louisiana Sailor |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Michele Burton (USA) - June 2012 |
| **Music:** | 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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