

Cajun Twist

Count: 20 **Wall:** 4 **Level:** Beginner

Choreographer: Susan Reynolds - May 2018

Music: Down at the Twist and Shout by Mary Chapin Carpenter



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

- 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

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

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

BACK COASTER, HOLD

- 1-4 Step L back, Step R back beside L, Step L forward, hold