

# Cajun Twist

**COPPER** KNOB  
STEPSHEETS

**Count:** 16

**Wall:** 4

**Level:** Beginner

**Choreographer:** Susan Reynolds (USA) - May 2018

**Music:** Down At the Twist and Shout - Mary Chapin Carpenter



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## **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, 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**

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