

# 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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