

Cajun Beat

Count: 24

Wall: 2

Level: Beginner

Choreographer: Michaela Bennetto (UK) - June 2025

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



No Tags, No Restarts

Music – Down at the Twist & Shout – Mary Chapin Carpenter

[1-8] – R Heel Digs, Triple Step, L Heel Digs, Triple Step

- 1,2 Right heel taps on a slight right diagonal x2
- 3&4 R behind L, L step left, R step next to L
- 5,6 Left heel taps on a slight diagonal x2
- 7&8 L behind R, R step right, L step next to R

[1-8] – R Fwd tap, L Back tap, Fwd Lockstep, L Fwd tap, R Back tap, Fwd Lockstep

- 1&2& - Step forward on Right, tap Left next to Right, Step back on Left, tap Right next to Left
- 3&4 - Step forward on Right, lock Left behind Right, step forward on Right
- 5&6& - Step forward on Left, tap Right next to Left, Step back on Right, tap Left next to Right
- 7&8 - Step forward on Left, lock Right behind Left, step forward on Left

[1-8] – Walk RL, Fwd Lockstep, Step ½ turn Right, Fwd Lockstep

- 1,2,3&4 – Walk forward Right, walk forward Left, Step forward on Right, lock Left behind Right, step forward on Right
- 5,6,7&8 – Step forward on Left, ½ turn over Right shoulder shifting weight onto Right, Step forward on Left, lock Right behind Left, step forward on Left.

END OF DANCE
