Louisiana Hot Sauce



Count: 32 Wall: 4 Level: Beginner

Choreographer: Cathy Snow (USA) - July 2025

Music: Louisiana Hot Sauce - Sammy Kershaw



No restarts or tags, just move those hips!

Intro: 16 counts

[1-8] LINDY R, LINDY L

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1&2	Sten R to R side	Ctabl	novt to D	Stan D to D aida
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3-4 Step L behind R, Recover weight on R

5&6 Step L to L side, Step R next to L, Step L to L side

7-8 Step R behind L, Recover weight on L

[9-16] TOE STRUTS R, L; ROCKING CHAIR

1-2	Touch R toe forward, Drop R heel (take weight)
3-4	Touch L to forward, Drop L heel (take weight)
5-6	Rock forward on R foot, replace weight back on L foot
7-8	Rock back on R foot, replace weight back on L foot

[17-24] STEP FORWARD & BACK WITH TOUCHES, 1/4 TURN RIGHT; SIDE STEPS WITH TOUCHES (K STEP)

1-2	Step R forward diagonally, Touch L beside R
3-4	Step L back diagonally; Touch right beside L
5-6	Turn ¼ to R, stepping R to side Touch L beside R
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7-8 Step L to L side, Touch R beside L

[25-32] HIPS BUMPS RIGHT (2X), HIP BUMPS LEFT (2X); HIP BUMPS (R, L, R, L) or HIP ROLLS FOR COUNTS: 5,6,7,8

1-2 Step R to R side & bump hip R (1), bump hip R (2)

3-4 Bump hip L (3), bump hip L (4)

5-8 Bump hip R (5), bump hip L (6), bump hip R (7), bump hip L (weight to L) (8)

Contact: mrssno@email.com Great beat to this song released in 2018 and it has the 90's country music line dance vibe

Last Update: 30 Jul 2025