# Linda Lou



Count: 64 Wall: 4 Level: Intermediate

Choreographer: Adrian Lefebour (AUS)

Music: Linda Lou - The Tractors



## WALK WALK, ROCK REPLACE, RIGHT SAILOR, LEFT SAILOR

3-4 Rock right to right, replace weight back on left

5&6 (Right sailor step) step right behind left, step left to left, step right in place 7&8 (Left sailor step) step left behind right, step right to right, step left in place

#### ROCK BACK REPLACE, RIGHT SIDE SHUFFLE, ROCK BACK REPLACE, LEFT SIDE SHUFFLE

1-2	Rock back on	riaht, rep	lace weight	on left
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3&4 Side shuffle to right - step right to right, step left next to right, step right to right

5-6 Rock back on left, replace weight on right

7&8 Side shuffle to left - step left to left, step right next to left, step left to left

# UNWIND 1/2, KICK BALL STEP, DOROTHY LEFT, DOROTHY RIGHT

1-2	Touch right behind left,	unwind ½ over left (	weiaht on ri	ght facing 6:00 wall)

3&4 Left kick ball step - kick left forward, step left ball of foot next to right, step right forward

5-6& Left Dorothy - step left forward, lock step right behind left, step left forward

7-8& Right Dorothy - step right forward, lock step left behind right, step right forward

#### 1/2 PIVOT RIGHT, SHUFFLE FORWARD LEFT, FULL TURN, STOMP RIGHT, STOMP LEFT

1-2 Step left forward, ½ pivot turn right 3&4 Shuffle forward on left - left right left

5&6 Full turn over left - step right back for ½ turn, step left forward for ½ turn (12:00)

7-8 Stomp right to right, stomp left to left (weight is even)

## ROCK BACK LIFT STEP STEP X 3, ROCK BACK LIFT STEP

1-2&	Rock back on right while lifting left foot in the air, step left down, step right to right
3-4&	Rock back on left while lifting right foot in the air, step right down, step left to left
5-6&	Rock back on right while lifting left foot in the air, step left down, step right to right

7-8 Rock back on left while lifting right foot in the air, step right down

# LEFT SIDE SHUFFLE, 1/4 ROCK BACK REPLACE, SHUFFLE FORWARD RIGHT, CROSS, STEP SIDE

1&2 Side shuffle to left - step left to left, step right next to left, step left to left

3-4 Rock back on right, step left forward ¼ right (facing 3:00 wall)

5&6 Shuffle forward on right - right left right

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7-8 Cross step left over right, step right to right

#### BEHIND SIDE HELL, STEP, CROSS, STEP SIDE, BEHIND SIDE HELL, STEP, ½ PIVOT RIGHT

Step left behind right, step right to right, step left heel in place
Step left down, cross step right over left, step left to left
Step right behind left, step left to left, step right heel in place

&7-8 Step right down, step left forward, ½ pivot turn right (weight on right)

#### ROCK FORWARD REPLACE, ½ SHUFFLE LEFT, ½ PIVOT LEFT, FULL TURN

1-2 Rock forward on left, replace weight back on right

3&4 ½ shuffle over left - left right left

5-6 Step right forward, ½ pivot turn left

7-8 Full turn over left - step right back for ½ turn, step left forward for ½ turn (facing 9:00 wall)

# **REPEAT**

# **RESTART**

On wall 4 (3:00 wall), dance up to count 46 on sheet, then do the following:

7-6 Cross step left over right, touch right toe to right

Start dance again facing 6:00 wall