

# Linda Lou

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Adrian Lefebour (AUS)

Musique: Linda Lou - The Tractors



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

- 1-2 Step right forward, step left forward
- 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 right, replace weight on left
- 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 ½, KICK BALL STEP, DOROTHY LEFT, DOROTHY RIGHT

- 1-2 Touch right behind left, unwind ½ over left (weight on right 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

## ½ 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, ¼ 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

- 1&2 Step left behind right, step right to right, step left heel in place
- &3-4 Step left down, cross step right over left, step left to left
- 5&6 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**

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