Louisiana Sailor

Count: 32  Wall: 4  Level: Improver

Choreographer: Michele Burton

Music: Going Back To Louisiana - Delbert McClinton. CD: Austin City Limits (3:25 - 122-126 bpm)

Alt. Music:
Going Back To Louisiana – Delbert McClinton – CD: Classics, Volume One (2:50)
Going Back To Louisiana – Scooter Lee – CD: Home To Louisiana
Car Wash, by Melanie C - Shape Fitness Music: Cardio Vol. 4
Boogie Shoes, KC and The Sunshine Band
Choose any music with a swing feel - bpm between 120 - 126

[1 – 8] POINT FRONT, SIDE ~ COASTER STEP ~ POINT FRONT, SIDE ~ COASTER STEP
1 – 2Point R toes forward; Point R toes to right side
3 & 4Step R back; Step L next to R; Step L forward
5 – 6Point L toes forward; Point L toes to left side
7 & 8Step L back; Step R next to L; Step R forward

Easy option for the coaster steps: triple step in place

[9 – 16] ROCK RETURN ~ ½ TURN TRIPLE ~ ROCK RETURN ~ ¼ TURN TRIPLE
1 – 2Rock R forward; Return weight to left
3 & 4Turn ¼ right, step to right; Step L next to R; Turn ¼ right, step R forward
5 – 6Rock L forward; Return weight to R
7 & 8Turn ¼ left, step L to left; Step R next to L; Step L to left

Styling: Slightly under rotate the ¼ turn, making it a breeze to get into the sailors

[17-24] SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP
1 & 2Step R behind L; Step L to left; Step R to right diagonal
3 & 4Step L behind R; Step R to right; Step L to left diagonal
5 & 6Step R behind L; Step L to left; Step R to right diagonal
7 & 8Step L behind R; Step R to right; Step L to left diagonal

Think of the sailors as ‘ball, ball, step’

[25-32] WEAVE LEFT ~ TOUCH STEP ~ TOUCH STEP
1 – 4Step R behind L; Step L to left; Step R in front of L; Step L to left
5 – 6Touch R beside L; Step R to right;
7 – 8Touch L beside R; Step L to left

For a challenge, try 2 kick ball changes for cts. 5 - 8
5 & 6Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place
7 & 8Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place

BEGIN AGAIN

This dance might provide a good introduction to sailor steps. We use this dance at the end of a 7 week beginner session as practice with different types of triples in the swing rhythm.

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