

Louisiana Sailor * Step Description

Description: 32 Count 4 Wall BPM: 122 - 126 Difficulty: Improver

Choreographer: Michele Burton mburtonmb@sbcglobal.net

Music: Going Back To Louisiana – Scooter Lee CD Home To Louisiana or Boogie Shoes by KC and The Sunshine Band

Choose any music with a swing feel - bpm between 120 - 126

Legal Downloads: www.iTunes.com or www.Amazon.com/mp3

1 – 8 POINT FRONT, SIDE ~ COASTER STEP ~ POINT FRONT, SIDE ~ COASTER STEP

1 – 2 Point R toes forward; Point R toes to right side

3 & 4 Step R back; Step L next to R; Step L forward

5 – 6 Point L toes forward; Point L toes to left side

7 & 8 Step 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 – 2 Rock R forward; Return weight to left

3 & 4 Turn ¼ right, step to right; Step L next to R; Turn ¼ right, step R forward

5 – 6 Rock L forward; Return weight to R

7 & 8 Turn 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

Option for cts. 7 & 8: (7) Turn ¼ left, step L to left with large step; (8) Drag R toward L

17-24 SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP

1 & 2 Step R behind L; Step L to left; Step R to right diagonal

3 & 4 Step L behind R; Step R to right; Step L to left diagonal

5 & 6 Step R behind L; Step L to left; Step R to right diagonal

7 & 8 Step 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 – 4 Step R behind L; Step L to left; Step R in front of L; Step L to left

5 – 6 Touch R beside L; Step R to right;

5 & 6 Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place

7 & 8 Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place

Easy option for cts. 5 - 8

7 – 8 Touch L beside R; Step L to left

This dance might provide a good introduction to the sailor step, while reinforcing other basic steps in a swing rhythm.