

# CAJUN GIRLS & GUMBO

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**Count:** 64

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Mike Sliter

**Music:** Linda Lou by The Tractors

## **SIDE SHUFFLES, ½ TURN:**

- 1&2** Side shuffle right (right-together-right)
- 3-4** Rock back on left at an angle; rock forward on right
- 5-6** Step left foot forward on a diagonal; hold
- 7-8** Turn ½ right on ball of left, touching right next to left; hold

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- 5-6** Step left foot forward on a diagonal; hold
- 7-8** Turn ½ right on ball of left, touching right next to left; hold

## **HEEL SWITCH STEPS, ¼ TURN:**

- 1&** Touch right heel forward; step right next to left
- 2&** Touch left heel forward; step left next to right
- 3-4** Touch right heel forward; hold
- &** Step right next to left
- 5-6** Cross left over right; hold
- 7-8** Unwind ¼ turn right; hold (weight is on left foot)

## **HEEL SWITCH STEPS, ¼ TURN:**

- 1&** Touch right heel forward; step right next to left
- 2&** Touch left heel forward; step left next to right
- 3-4** Touch right heel forward; hold
- &** Step right next to left
- 5-6** Cross left over right; hold
- 7-8** Unwind ¼ turn right; hold (weight is on left foot)

### **FULL TURN IN ¼ TURN INCREMENTS:**

- 1-2** Step forward on right into ¼ turn left; touch left next to right
- 3-4** Step left ¼ turn left; touch right next to left
- 5-6** Step forward on right into ¼ turn left; touch left next to right
- 7-8** Step left ¼ turn left; touch right next to left

### **LOCK STEPS WITH BRUSHES:**

- 1-2** Step forward on right at a slight diagonal; slide left up behind right
- 3-4** Step forward on right; brush forward with left
- 5-6** Step forward on left at a slight diagonal; slide right up behind left
- 7-8** Step forward on left; brush forward with right

### **FULL TURN IN ¼ TURN INCREMENTS:**

- 1-2** Step forward on right into ¼ turn left; touch left next to right
- 3-4** Step left ¼ turn left; touch right next to left
- 5-6** Step forward on right into ¼ turn left; touch left next to right
- 7-8** Step left ¼ turn left; touch right next to left

### **RIGHT GRAPEVINE, ONE FULL TURN:**

- 1-2** Step right to the side; cross left behind right
- 3-4** Step right to the side; cross left over right into ¼ turn right
- 5-6** Step on right into ¼ turn right; step forward on left into ¼ turn right
- 7-8** Step on right into ¼ turn right; step left next to right

### **REPEAT**