

THE FLYIN' CAJUN

LINEDANCE.COM

Count: 80

Wall: —

Level: —

Choreographer: Sherry Palencia

Music: Down At The Twist And Shout by Mary Chapin Carpenter

ENTRANCE (16 COUNTS)

RIGHT STEP TOGETHER STEP, HOP TO TURN ½ RIGHT, LEFT STEP TOGETHER STEP, HOP TO TURN ½ LEFT

1-4 Step right on right foot, bring left foot to right, step on right foot, hop to turn ½ right

5-8 Step left on left foot, bring right foot to left, step on left foot, hop to turn ½ left

RIGHT STEP TOGETHER STEP, HOP IN PLACE, FORWARD STEP TOGETHER STEP, RIGHT HEEL DIG (AND CLAP)

1-4 Step right on right foot, bring left foot to right, step on right foot, hop in place

5-8 Step forward on left foot, bring right foot to left, step forward on left foot, dig with right heel (and clap)

BODY OF DANCE (64 COUNTS)

RIGHT FOOT ROCKS BACK AND FORWARD ON BALL OF FOOT THREE TIMES, RIGHT FOOT STEPS FORWARD AND HOP (FORWARD)

1-4 With weight on left foot, rock back on ball of right foot, (recover weight to left foot) and rock forward on ball of right foot

5-8 Rock back on ball of right foot, (recover weight to left foot,), and step/hop forward on right

1-4 With weight on left foot, rock back on ball of right foot, and hop on right foot

LEFT SYNCOPATED TRIPLE, RIGHT SYNCOPATED TRIPLE, LEFT SYNCOPATED TRIPLE, RIGHT SYNCOPATED TRIPLE (DESCRIBED BELOW), LEFT FOOT HOPS

1-3 Left foot steps forward, right foot crosses in front of left, left foot steps in place

4-6 Step to right, left foot crosses in front of right, right foot steps in place

7-9 Step to left, right foot crosses in front of left, left foot steps in place

10-12 Step to right, left foot crosses in front of right, right foot steps in place, hop on left foot

**BACK RIGHT, HOP, BACK LEFT, HOP, BACK RIGHT, HOP, ROCK BACK LEFT AND RIGHT
STEP FORWARD**

1-4 Step back on right, hop on right, step back on left, hop on left

5-8 Step back on right, hop on right, rock back on left, and lift right leg

**LEFT FOOT ROCKS BACK AND FORWARD ON BALL OF FOOT THREE TIMES, LEFT FOOT
STEPS FORWARD AND HOPS (FORWARD)**

1-4 With weight on right foot, rock back on ball of left foot, (recover weight to right foot) and rock forward on ball of left foot

5-8 Rock back on ball of left foot, (recover weight to right foot,), and step/hop forward on left

9-12 With weight on right foot, rock back on ball of left foot, and hop on left foot

**RIGHT SYNCOPATED TRIPLE, LEFT SYNCOPATED TRIPLE, RIGHT SYNCOPATED TRIPLE,,
LEFT SYNCOPATED TRIPLE (DESCRIBED BELOW), RIGHT FOOT HOPS**

1-3 Right foot steps forward, left foot crosses in front of right, right foot steps in place

4-6 Step to left, right foot crosses in front of left, right foot steps in place

7-9 Step to right, left foot crosses in front of right, right foot steps in place

10-12 Step to left, right foot crosses in front of left, right foot lifts

BACK RIGHT, HOP, BACK LEFT, HOP, BACK RIGHT, HOP, BACK LEFT, HOP

1-4 Step back on right, hop on right, step back on left, hop on left

5-8 Step back on right, hop on right, step back on left, hop on left

REPEAT