

Cajun Beat

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Count: 24 **Wall:** 2 **Level:** Beginner

Choreographer: Michaela Bennetto (UK) - June 2025

No Tags, No Restarts

Music - Down at the Twist & Shout - Mary Chapin Carpenter

[1-8] - R Heel Digs, Triple Step, L Heel Digs, Triple Step

1,2 Right heel taps on a slight right diagonal x2

3&4 R behind L, L step left, R step next to L

5,6 Left heel taps on a slight diagonal x2

7&8 L behind R, R step right, L step next to R

[1-8] - R Fwd tap, L Back tap, Fwd Lockstep, L Fwd tap, R Back tap, Fwd Lockstep

1&2& - Step forward on Right, tap Left next to Right, Step back on Left, tap Right next to Left

3&4 - Step forward on Right, lock Left behind Right, step forward on Right

5&6& - Step forward on Left, tap Right next to Left, Step back on Right, tap Left next to Right

7&8 - Step forward on Left, lock Right behind Left, step forward on Left

[1-8] - Walk RL, Fwd Lockstep, Step ½ turn Right, Fwd Lockstep

1,2,3&4 - Walk forward Right, walk forward Left, Step forward on Right, lock Left behind Right, step forward on Right

5,6,7&8 - Step forward on Left, ½ turn over Right shoulder shifting weight onto Right, Step forward on Left, lock Right behind Left, step forward on Left.

END OF DANCE