

# Cabana Boy

LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Michele Burton

**Music:** Cabana Boy by Sara Evans. CD: Stronger (BPM: 184)

## Music Options: Two step music 170- 185 BPM

The dance has versatility to phrased and or un-phrased two step rhythm - give it a try.

DVD Instructional video available on the website

16 count. Intro.

## [1 - 8] ROCK BACK, HOLD, RETURN, HOLD ~ STEP, ROCK, STEP (step ball change)

1 - 4 Rock L to back left diagonal (styling: straight L leg, pushing L hip back); Hold; Return wt. to R foot; Hold

5 - 8 Step L forward (in front of R); Rock R to right (on ball of R); Return wt. to L; Hold

## [9 - 16] MODIFIED JAZZ BOX ~ STEP, TURN ¼, HEEL, STEP

1 - 4 Cross R in front of L; Step L back; Step R next to L; Hold (wt. stays on R)

5 - 8 Step L forward; Turn ¼ L, step R to right; Touch L heel in front of R foot; Step L to left 9:00

## [17-24] TOUCH STEP, TOUCH STEP ~ CROSS, STEP, CROSS, HOLD

1 - 4 Touch R beside L; Step R to right; Touch L beside R; Step L to left (slightly back)

5 - 8 Step R in front of L; Step L to left; Step R in front of L; Hold 9:00

## [25-32] STEP, HOLD, ¼ RIGHT, HOLD ~ FORWARD, HOLD, ½ TURN RIGHT, HOLD

1 - 4 Step L to left (L leg slightly bent, hip popped left - look left); Hold; Turn ¼ right, step R in place; Hold

5 - 8 Step L forward; Hold; Turn ½ right, take weight to R foot; Hold 6:00

## [33-40] KICK, STEP, TOUCH, HITCH ~ HIP, HIP, HIP, HOLD

1 - 4 Kick L forward (no need to rush kick); Step L beside R; Point R to right; Hitch R beside L calf

5 - 8 Step R ball to right, hips right; Shift wt. to L, hips left; Shift wt. to R, hips right (R fully weighted); Hold

## [41-48] CROSS ROCK, RETURN, BACK, HOLD ~ BACK, ¼ TURN, CROSS, HOLD

**1 - 4** Step (small rock) L in front of R; Return wt. to R; Step L slightly back; Hold

**5 - 8** Step R back; Turn  $\frac{1}{4}$  L, step side left; Step L over R; Hold 3:00

**[49-56] SIDE, TOGETHER, SIDE, HOLD ~ HEEL, STEP, HEEL, STEP**

**1 - 4** Step L to left; Step R beside L; Step L to left; Hold

**5 - 8** Touch R heel forward; Step R beside L; Touch L heel forward; Step L beside R

**(optional variation: Touch R beside L; Step R diagonally back; Touch L heel forward; Step L in place)**

**[57-64] ROCK FORWARD, HOLD, RETURN HOLD ~  $\frac{1}{4}$ , TOGETHER,  $\frac{1}{4}$ ,  $\frac{1}{2}$  TURN**

**1 - 4** Rock R forward; Hold; Return weight to L; Hold

**5 - 8** Turn  $\frac{1}{4}$  right, step R to right; Step L beside R; Turn  $\frac{1}{4}$  R, step R forward; Turn  $\frac{1}{2}$  R on ball of R foot (allow ct. 8 to flow right into the beginning - diagonal rock back) 3:00

**Choreographer note: Because this music has a casual, flowing island feel, keep your movement soft and light.**

**BEGIN AGAIN - Enjoy**

**Last Revision - 2nd February 2012**

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