

# CAJUN TWIST

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Karen Melanson

**Music:** Rock This Country! by Shania Twain

## VINE RIGHT, HEEL SWITCHES, HEEL & TOE SWIVELS

- 1-2** Step right foot to right side, step left foot behind right foot
- 3-4** Step right foot to right side, touch left heel forward
- &5** Quickly step left foot to home, touch right heel forward
- &6** Quickly step right foot to home, touch left heel forward
- 7-8** Swivel right heel to the right and left toe to the left, return to home

## VINE LEFT, HEEL SWITCHES, HEEL & TOE SWIVELS

- 9-10** Step left foot to left side, step right foot behind left foot
- 11-12** Step left foot to left side, touch right heel forward
- &13** Quickly step right foot home, touch left heel forward
- &14** Quickly step left foot home, touch right heel forward
- 15-16** Swivel left heel to the left and right toe to the right, return to home

## RIGHT & LEFT HEEL GRINDS, RIGHT SWIVEL

- 17-19** Rock right heel forward, rock back left with right toe to right, step right foot beside left
- 20-22** Rock left heel forward, rock back right with left toe to left, step left foot beside right
- 23-24** Swivel both heels to the right, swivel both heels home

## LEFT & RIGHT HEEL GRINDS, LEFT SWIVEL

- 25-27** Rock left heel forward, rock back right with left toe to left, step left foot beside right
- 28-30** Rock right heel forward, rock back left with right toe to right, step right foot beside left
- 31-32** Swivel both heels to the left, swivel both heels home

## SHUFFLE, KICKS WITH ½ TURN RIGHT, SHUFFLE, KICKS WITH ½ TURN LEFT

- 33&34** Step right foot forward & step left foot next to right, step right foot forward
- 35-36** Kick left foot forward, pivot ½ right and kick left foot back
- 37&38** Step left foot forward & step right foot next to left, step left foot forward

**39-40** Kick right foot forward, pivot  $\frac{1}{2}$  turn left and kick right foot back

### **VINE RIGHT, LEFT VINE, $\frac{1}{4}$ TURN LEFT**

**41-42** Step right foot to right side, step left foot behind right foot

**43-44** Step right foot to right side, touch left toe next to right foot and clap

**45-46** Step left foot to left side, step right foot behind left foot

**47-48** Step left foot to left side turning  $\frac{1}{4}$  to left, touch right toe next to left foot and clap

### **RIGHT SIDE SHUFFLE, ROCK STEP, STOMPS, RIGHT SWIVELS**

**49&50** Step right foot to right side & step left foot next to right, step right foot to right side

**51-52** Rock back on left foot, step forward on right foot

**53-54** Stomp left foot to left side, stomp right foot next to left foot

**55-56** Swivel both heels to right, swivel both heels home

### **LEFT SIDE SHUFFLE, ROCK STEP, STOMPS, LEFT SWIVELS**

**57&58** Step left foot to left side & step right foot next to left, step left foot to left side

**59-60** Rock back on right foot, step forward on left foot

**61-62** Stomp right foot to right side, stomp left foot next to right foot

**63-64** Swivel both heels to left side, swivel both heels home

### **REPEAT**