

# Louisiana Sailor

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Michele Burton

**Music:** Going Back To Louisiana - Delbert McClinton. CD: Austin City Limits (3:25 - 122-126 bpm)

## Alt. Music:-

**Going Back To Louisiana - Delbert McClinton - CD: Classics, Volume One (2:50)**

**Going Back To Louisiana - Scooter Lee - CD: Home To Louisiana**

**Car Wash, by Melanie C - Shape Fitness Music: Cardio Vol. 4**

**Boogie Shoes, KC and The Sunshine Band**

**Choose any music with a swing feel - bpm between 120 - 126**

## **[1 - 8] POINT FRONT, SIDE ~ COASTER STEP ~ POINT FRONT, SIDE ~ COASTER STEP**

- 1 - 2**      Point R toes forward; Point R toes to right side
- 3 & 4**      Step R back; Step L next to R; Step L forward
- 5 - 6**      Point L toes forward; Point L toes to left side
- 7 & 8**      Step L back; Step R next to L; Step R forward

## **Easy option for the coaster steps: triple step in place**

## **[9 - 16] ROCK RETURN ~ ½ TURN TRIPLE ~ ROCK RETURN ~ ¼ TURN TRIPLE**

- 1 - 2**      Rock R forward; Return weight to left
- 3 & 4**      Turn ¼ right, step to right; Step L next to R; Turn ¼ right, step R forward
- 5 - 6**      Rock L forward; Return weight to R
- 7 & 8**      Turn ¼ left, step L to left; Step R next to L; Step L to left

## **Styling: Slightly under rotate the ¼ turn, making it a breeze to get into the sailors**

## **[17-24] SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP ~ SAILOR STEP**

- 1 & 2**      Step R behind L; Step L to left; Step R to right diagonal
- 3 & 4**      Step L behind R; Step R to right; Step L to left diagonal
- 5 & 6**      Step R behind L; Step L to left; Step R to right diagonal

**7 & 8** Step L behind R; Step R to right; Step L to left diagonal

**Think of the sailors as 'ball, ball, step'**

**[25-32] WEAVE LEFT ~ TOUCH STEP ~ TOUCH STEP**

**1 - 4** Step R behind L; Step L to left; Step R in front of L; Step L to left

**5 - 6** Touch R beside L; Step R to right;

**7 - 8** Touch L beside R; Step L to left

**For a challenge, try 2 kick ball changes for cts. 5 - 8**

**5 & 6** Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place

**7 & 8** Kick ball change - Kick R slightly across body; Step back on ball of R; Step L in place

**BEGIN AGAIN**

**This dance might provide a good introduction to sailor steps. We use this dance at the end of a 7 week beginner session as practice with different types of triples in the swing rhythm.**

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