

# LINDA LOU

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**Count:** 64      **Wall:** —      **Level:** —

**Choreographer:** Cindi Talbot

**Music:** Linda Lou by The Tractors

**For this dance to be phrased with the music properly, the last 16 counts should be dropped on the fourth repetition only.**

## STOMPS, KICK-BALL-CHANGES, STEPS

- 1      With weight on left, stomp right
- 2&3      Right kick-ball-change, moving forward
- 4      Step right forward
- 5      Keeping weight on right stomp left
- 6&7      Left kick-ball change, moving forward
- 8      Step left forward

## SLOW PENDULUM, QUICK TURNING PENDULUM

- 1      Touch right toe out to right
- 2      Hold
- &3      Quickly step right, touch left toe out to left
- 4      Hold
- &5      Quickly step left, making 1\4 turn left, touch right toe right
- &6      Quickly step right, touch left toe left
- &7      Quickly step left, making 1\4 turn left, touch right toe right
- 8      Hold

- 1-16      Repeat first 16 counts

## RIGHT SYNCOPATED VINE

- 1-2      Step right, step left behind right
- &3      Quickly step right, step left across right
- &4      Quickly step right, step left behind right

**5-6** Step right to right, step left across right

**7&8** Shuffle right-left-right

### **LEFT SYNCOPATED VINE**

**1-2** Step left, step right behind left

**&3** Quickly step left, step right across left

**&4** Quickly step left, step right behind left

**5-6** Step left to left, step right across left

**7&8** Shuffle left-right-left

### **RUNS FORWARD, SHUFFLES BACK**

**1-4** Run forward right left right left

**5&6** Shuffle back right-left-right

**7&8** Shuffle back left-right-left

**1-8** Repeat last 8 counts

### **REPEAT**