

## Louisiana Sailor

32 Count, 4 Wall, Improver

Choreographer: Michele Burton (USA) June 2012

Choreographed to: Going Back To Louisiana by Delbert  
McClinton, CD: Austin City Limits (122-126 bpm); Car Wash by  
Melanie C - Shape Fitness Music: Cardio Vol. 4

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### 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

This dance might provide a good introduction to sailor steps.

We use this dance at the end of a 7week beginner session as practice with different types of triples in the swing rhythm.