

Louisiana Sailor

Description: 32 ct., 4 wall **BPM:** 122 - 126 **Difficulty:** Improver
Choreographer: Michele Burton mburtonmb@sbcglobal.net
Suggested Music: Going Back To Louisiana – Scooter Lee – CD: Home To Louisiana
Choose any music with a swing feel - bpm between 120 - 126
Available on: iTunes.com or Amazon.com
Step Sheet Access: www.michaelandmichele.com

Note: At Wild Bill's Country Dance Club, Atlanta, GA, we have used the country song "Springsteen" by Eric Church. When using this song, it is best to do two restarts after 24 counts on walls 4 and 8 (starting at 9:00 wall). Each time you'll be facing the original front wall after 24 counts, after the 4 Sailor Steps. Simply restart the dance from the beginning after the Sailor Steps, omitting just the last 8 counts.

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 R forward
5 – 6 Point L toes forward; Point L toes to left side
7 & 8 Step L back; Step R next to L; Step L 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 ~ KICK BALL CHANGE ~ KICK BALL CHANGE

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

For an easier option to the kick ball changes, try:

5 – 6 Touch R beside L; Step R to right;
7 – 8 Touch L beside R; Step L to left

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.

Updated 1/5/13