



Cajun Girls & Gumbo

Choreographed by Mike Sliter

Description: 64 count, 2 wall, beginner/intermediate line dance

Music: "Linda Lou" by The Tractors

SIDE SHUFFLES, ½ TURN:

1&2 Side shuffle right (right-together-right)
3-4 Rock back on left at an angle; rock forward on right
5-6 Step left foot forward on a diagonal; hold
7-8 Turn ½ right on ball of left, touching right next to left; hold

SIDE SHUFFLES, ½ TURN:

1&2 Side shuffle right (right-together-right)
3-4 Rock back on left at an angle; rock forward on right
5-6 Step left foot forward on a diagonal; hold
7-8 Turn ½ right on ball of left, touching right next to left; hold

HEEL SWITCH STEPS, ¼ TURN:

1& Touch right heel forward; step right next to left
2& Touch left heel forward; step left next to right
3-4 Touch right heel forward; hold
& Step right next to left
5-6 Cross left over right; hold
7-8 Unwind ¼ turn right; hold (weight is on left foot)

HEEL SWITCH STEPS, ¼ TURN:

1& Touch right heel forward; step right next to left
2& Touch left heel forward; step left next to right
3-4 Touch right heel forward; hold
& Step right next to left
5-6 Cross left over right; hold
7-8 Unwind ¼ turn right; hold (weight is on left foot)

FULL TURN IN ¼ TURN INCREMENTS:

1-2 Step forward on right into ¼ turn left; touch left next to right
3-4 Step left ¼ turn left; touch right next to left
5-6 Step forward on right into ¼ turn left; touch left next to right
7-8 Step left ¼ turn left; touch right next to left

LOCK STEPS WITH BRUSHES:

1-2 Step forward on right at a slight diagonal; slide left up behind right
3-4 Step forward on right; brush forward with left
5-6 Step forward on left at a slight diagonal; slide right up behind left
7-8 Step forward on left; brush forward with right

FULL TURN IN ¼ TURN INCREMENTS:

1-2 Step forward on right into ¼ turn left; touch left next to right
3-4 Step left ¼ turn left; touch right next to left
5-6 Step forward on right into ¼ turn left; touch left next to right
7-8 Step left ¼ turn left; touch right next to left

RIGHT GRAPEVINE, ONE FULL TURN:

1-2 Step right to the side; cross left behind right
3-4 Step right to the side; cross left over right into ¼ turn right
5-6 Step on right into ¼ turn right; step forward on left into ¼ turn right
7-8 Step on right into ¼ turn right; step left next to right

REPEAT