

Louisiana Hot Sauce

Choreographed by Joanne Brady, Gordon Elliott, Max Perry, Jo Thompson

Description: 32 count, 2 wall, intermediate line dance

Music: *He's My Little Jalapeno* by Scooter Lee

HEEL STRUTS, HEEL DROPS

1 & Left heel forward; drop left toe lifting left heel & bending left knee

2 & Drop left heel to the floor twice shifting weight to left foot

3 & Right heel forward; drop right to lifting right heel & bending right knee

4 & Drop right heel to the floor twice shifting weight to right foot

CROSS, UNWIND ½ TURN RIGHT, HEEL TWISTS, CLAP

5 Cross left over right, placing ball of left foot on floor

6 Unwind by turning right ½ and shifting weight to left foot with feet part

7 & 8 With weight on balls of both feet twist heels right, left, right

& Clap hands

CAJUN JOGS FORWARD & CLAP

1 & 2 With weight mainly on balls of feet, step forward left, right, left

& Lift right knee & hop on left foot clapping hands

3 & 4 With weight mainly on balls of feet step forward right, left, right

& Lift left knee and hop on right foot clapping hands

BACK SKIPS & FORWARD STOMP, HOLD

5 Step back left crossing slightly behind right

& Hop on left foot lifting right knee

6 Step right back crossing slightly behind left

& Rock back on ball of left foot

7 Stomp right to right forward diagonal bending right knee with weight over right foot

(Optional: Arms out to sides, palms down on count 7)

8 Hold

CROSS ROCKS & PADDLE TURN-LEFT

1 Cross left in front of right rocking onto left bending both knees

& Replace weight back to right straightening both legs

2 Small step left to left side

3 Cross right in front of left rocking onto right bending both knees

& Replace weight back to left straightening both legs

4 Small step right to right side

5 Cross left in front of right rocking onto left bending both knees

& Replace weight back to right straightening both legs
6 Small step left to left side turning /14 left starting a left paddle turn
& Continuing left paddle turn with right foot slightly behind left, step on ball of right foot
7 Replace weight to left foot continuing left turn
& Left paddle turn with right foot slightly behind left, step on ball of right foot
8 Replace weight to left foot completing paddle turn
(You are now facing the same wall you were when you did the cross rocks)

CROSS ROCKS & PADDLE TURN-RIGHT

1 Cross right in front of left rocking onto right bending both knees
& Replace weight back to left straightening both legs
2 Small step right to right side
3 Cross left in front of right rocking onto left bending both knees
& Replace weight back to right straightening both legs
4 Small step left to left side
5 Cross right in front of left rocking onto right bending both knees
& Replace weight back to left straightening both legs
6 Small step right to right side turning /14 right starting a right paddle turn
& Continuing right paddle turn with right foot slightly behind left, step on ball of left foot
7 Replace weight to right foot continuing right turn
& Right paddle turn with left foot slightly behind right, step on ball of left foot
8 Replace weight to right foot completing paddle turn
(You are now facing the same wall you were when you did the cross rocks)

REPEAT

‘Louisiana Hot Sauce’