

LOUISIANA HOT SAUCE

Music: "He's My Little Jalapeno" • 32 Count 2 Wall Intermediate

Choreographed by: Joanne Brady USA / Gordon Elliott AUS / Jo Thompson USA

HEEL STRUTS, HEEL DROPS L & R

- 1& L heel forward (1), Drop L toe lifting L heel and bending L knee (&).
- 2& Drop L heel to floor 2 times shifting weight to L foot.
- 3& R heel forward (3), Drop R toe lifting R heel and bending R knee (&).
- 4& Drop R heel to floor 2 times shifting weight to R foot.

CROSS, UNWIND 1/2 TURN R, 3 HEEL TWISTS, CLAP

- 5 Cross L over R, placing ball of L foot on floor.
- 6 Unwind by turning R 1/2, ending with feet apart and both heels shifted to L side.
- 7&8& With weight on balls of both feet, Twist both heels R (7), L (&), R (8), Clap hands (&).

CAJUN JOGS FORWARD & CLAP

- 1&2 With weight mainly on balls of feet, step forward L (1), R (&), L (2).
- & Lift R knee & hop on L foot clapping hands.
- 3&4 With weight mainly on balls of feet, step forward R (3), L (&), R (4).
- & Lift L knee & hop on R foot clapping hands.

BACK SKIPS, ROCK, STOMP, HOLD

- 5& Step L back crossing slightly behind R (5), Hop on L foot lifting R knee (&)
- 6 Step R back crossing slightly behind L. & Rock back on ball of L foot.
- 7-8 Stomp R to R forward diagonal bending R knee with weight over R foot (7), Hold (8).

CROSS ROCKS & PADDLE TURNS

- 1 Cross L in front of R rocking forward onto L bending both knees.
- &2 Replace weight back to R straightening both legs (&), Small step L to L side (2).
- 3 Cross R in front of L rocking forward onto R bending both knees.
- &4 Replace weight back to L straightening both legs (&), Small step R to R side (4).
- 5 Cross L in front of R rocking forward onto L bending both knees.
- & Replace weight back to R straightening both legs (&).
- 6 Small step L to L side turning 1/4 L starting L paddle turn.
- & Continuing L paddle turn with R foot slightly behind L, step on ball of R foot.
- 7 Replace weight to L foot continuing L turn.
- & Still turning L, with R foot slightly behind L step on ball of R foot.
- 8 Replace weight to L foot completing paddle turn to end facing same wall as for the cross rocks.
- 1-8 Reverse above 8 counts starting with R foot.

