

Caribbean Cadence

Choreographed by Karen Paakkari Description: 40 count, mixer dance

Music: Get Into Reggae Cowboy by The Bellamy Brothers CD: Milleenniums Greatest Line Dance Party

Start Position: Men face LOD, ladies face RLOD. Right shoulder to right shoulder.

RIGHT HEEL TAPS

Couples turn slightly toward each other. Face front with right foot in front at about 45 degrees

1-4 Tap right heel four times

LEFT HEELS

Couples turn back to back. Swivel heels right to face slightly left

5-8 Tap left heel four times

SWIVELS, CLAP

Lean back slightly on the clap, right foot will be as at start

9-11 On ball of both feet, swivel heels left, right, left

12 Clap hands

HIP BUMPS & ROLLS

13-14 Push hips to the right twice (towards each other)

15-16 Push hips to the left twice (away from each other)

17 Push hips to the right (towards each other)

18 Roll hips to the left (away from each other)

19 Push hips to the right (towards each other)

20 Roll hips to the left (away from each other)

SHUFFLE IN PLACE, MILITARY TURN

21&22 Cha-cha in place right, left, right

23 Left step forward

24 On ball of both feet, pivot 1/2 turn to the right (finish with weight on right)

SHUFFLE IN PLACE, MILITARY TURN

25&26 Cha-cha in place left, right, left

27 Right step forward

28 On ball of both feet, pivot 1/2 turn to the left (finish with weight on left)

CHA, CHA, CHA, CHANGE PARTNERS, CHA, CHA, CHA,

29&30 BOTH: Cha-cha in place, right, left, right

31-32 MAN: Walk forward left, right

LADY: Left step forward, right step back

33&34 Cha-cha in place left, right, left

MILITARY TURNS, STOMP, CLAP

35 Right step forward

36 On ball of both feet pivot 1/2 turn to the left (finish with weight on left)

37 Right step forward

38 On ball of both feet pivot 1/2 turn to the left (finish with weight on left)

39 Right stomp next to left

40 Clap hands

REPEAT