

## ONE FOOT IN THE BAYOU

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**MUSIC:** Hoopic Records, CD "One Foot In The Bayou"  
Track 1 by Tyler Hilton D/L Available **RHYTHM:** Jive  
**DIFFICULTY:** Average  
**RAL PHASE:** III+2 (Spanish Arms & Pretzel Turn) **TIME/SPEED:** 3:24@45 RPM  
**FOOTWORK:** Opposite, directions for man except where noted **SUGGESTED SPEED:** 3:36@42 RPM  
**SEQUENCE:** INTRO, A, Intl, A, B, A (MOD), END **REL DATE:** June, 2015 (Rev 7-2015)

### INTRO

#### **1-8 CLOSE POSITION FACING WALL WAIT 2 MEASURES ; ; FALLAWAY THROWAWAY ; , , LINK ROCK BFLY WALL, , ; SPANISH ARMS TWICE ; ; ;**

In CP FCG WALL wait 2 meas ; ;

**{Falwy Thrwy}** rk bk L to SCP LOD, rec R, fwd & sd L/cl R, sd L trn ¼ LF picking up W to LOFP LOD ; sd R/cl L, sd R, (W rk bk R to SCP LOD, rec L, fwd R/fwd L, fwd R trn 1/4 LF to LOP LOD ; sd & bk L/cl R, sd & bk L,)

**{Link Rock}** rk apt L, rec R, sd L/cl R, sd L trn RF to BFLY WALL; sd R/cl L, sd R,

**{Spanish Arms Twice}** In BFLY WALL rk apt L, rec R, fwd L/R, L trng RF 1/4 (W trn LF ¼ R/L, R und jnd lead hnds end wrap pos) ; sip R/L, R trng 1/4 RF (W unwrap L/R, L) to BFLY COH, rk apt L, rec R ; fwd L/R, L trng RF 1/4 (W trn LF ¼ R/L, R und jnd lead hnds end wrap pos), sip R/L, R trng 1/4 RF (W unwrap L/R, L) to BFLY WALL ;

### PART A

#### **1-4 CHASSE LEFT & RIGHT ; RIGHT TURNING FALLAWAY TWICE ; ; ;**

**{Chasse L & R}** In BFLY WALL sd L/cl R, sd L, sd R/cl L, sd R ;

**{Right Trng Falwy Twice}** Trng to SCP rk bk L, rec R to fc, comm 1/4 RF trn sd L/cl R, comp RF trn sd L ; comm 1/4 RF trn sd R/cl L, comp RF trn sd R, rk bk L, rec R to fc ; comm 1/4 RF trn sd L/cl R, comp RF trn sd L, comm 1/4 RF trn sd R/cl L, comp RF trn sd R ;

#### **5-8 CHANGE RIGHT TO LEFT ; , , CHANGE LEFT TO RIGHT , , ; PROGRESSIVE ROCK 4 ;**

**{Chg R to L}** In CP WALL rk bk L to SCP, rec R, sd L/cl R, sd L comm 1/4 LF trn ; sd & fwd R/cl L, sd R, (W rk bk R to SCP, rec L, sd R/cl L, fwd R comm 3/4 RF trn under jnd ld hnds ; sd & slightly bk L/cl R, sd & bk L to LOFP,)

**{Chg L to R}** In LOFP rk bk L, rec R, sd L/cl R, sd L comm 1/4 RF trn ; sd R/cl L, sd R comp 1/4 RF Trn, (W rk bk R, rec L, fwd R/cl L, fwd R comm 3/4 LF trn under jnd ld hnds ; sd L/cl R, sd L comp LF trn to BFLY WALL,)

**{Prog Rk 4}** In BFLY WALL rk apt L, xRif, rk apt L, xRif ;

#### **9-12 CHASSE LEFT & RIGHT ; CHANGE HANDS BEHIND BACK TWICE ; ; ;**

**{Chasse L & R}** In BFLY WALL sd L/cl R, sd L, sd R/cl L, sd R ;

**{Chg Hnds Bhnd Bk Twice}** rk apt L, rec R, fwd L starting 1/4 LF trn & plcg M's R hnd over W's R hnd/cl R, fwd L comp LF trn to tandem pos in frnt of W ; sd & bk R starting 1/4 LF trn & M plcg L hnd bhnd M's bk/cl L transfer W's R hnd to M's L hand bhnd his bk, sd & bk R comp LF trn to LOFP, (W rk apt R, rec L, fwd R start 1/4 RF trn/cl L, fwd R comp RF trn to tandem pos bhnd M ; sd & bk L start 1/4 RF trn/cl R, sd & bk L comp RF trn to LOFP,) rk apt L, rec R, fwd L starting 1/4 LF trn & plcg M's R hnd over W's R hnd/cl R, fwd L comp LF trn to tandem pos in frnt of W ; sd & bk R starting 1/4 LF trn & M plcg L hnd bhnd M's bk/cl L transfer W's R hnd to M's L hand bhnd his bk, sd & bk R comp LF trn to LOFP, (W rk apt R, rec L, fwd R start 1/4 RF trn/cl L, fwd R comp RF trn to tandem pos bhnd M ; sd & bk L start 1/4 RF trn/cl R, sd & bk L comp RF trn to LOFP,)

#### **13-16 LINK ROCK SCP LOD ; , , ROCK BACK RECOVER TO 4 POINT STEPS , , ; ;**

**{Link Rock}** rk apt L, rec R, fwd L/cl R, fwd L trn RF ; sd R/cl L, sd R to SCP LOD,

**{Rk Bk Rec to 4 Pt Steps}** in SCP LOD rk bk L, rec R, pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R ; pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R ;

**INTERLUDE**

**1-4 TWO FORWARD TRIPLES ; SWIVEL 4 ; 4 POINT STEPS TO BFLY WALL ; ;**

{Two Fwd Trpls} In SCP LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R ;

{Swivel 4} In SCP LOD with swiveling action fwd L, fwd R, fwd L, fwd R ;

{4 Pt Steps} In SCP LOD pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R ; pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R to BFLY WALL ;

**PART B**

**1-4 PRETZEL TURN ; DOUBLE ROCK FORWARD ; UNWIND ; DOUBLE ROCK BACK ;**

{Pretzel Trn} In SCP LOD fwd L/cl R to fc ptr, sd L trng 1/2 RF to bk to bk pos keeping ld hnds jnd, sd R/cl L, sd R trng 1/4 RF to bk to bk "V" pos ld hnds jnd bhnd bks ;

{DbI Rk Fwd} In bk to bk "V" pos rk fwd xLif to LOD with trail hnds extnd fwd, rec R, rk fwd xLif to LOD with trail hnds extnd fwd, rec R ;

{Unwind} In bk to bk "V" pos sd L/cl R, sd L trng 1/2 LF keeping ld hnds jnd, sd R/cl L, sd R ;

{DbI Rk Bk} In SCP LOD rk bk L, rec R, rk bk L, rec R ;

**5-7.5 KICK BALL CHANGE TWICE ; THROWAWAY ; LINK ROCK ; , ,**

{Kick Ball Chg Twice} In SCP LOD kck L fwd/take wt on ball of L, replace wt on R raising L knee, kck L fwd/take wt on ball of L, replace wt on R ;

{Throwawy} In SCP LOD fwd & sd L/cl R, sd L trn 1/4 LF picking up W to LOFP LOD ; sd R/cl L, sd R, (W rk bk R to SCP LOD, rec L, fwd R/fwd L, fwd R trn 1/2 LF to LOP LOD ; sd & bk L/d R, sd & bk L,)

{Link Rock} rk apt L, rec R, fwd L/cl R, fwd L trn RF to CP WALL ; sd R/cl L, sd R,

**7.5-12 FALLAWAY ROCK TO BFLY WALL , , ; SPANISH ARMS TWICE ; ; ;**

{Flwy rk} In CP WALL rk bk L to SCP, rec R to fc ptr ; sd L/cl R, sd L, sd R/cl L, sd R to BFLY WALL ;

{Spanish Arms Twice} In BFLY WALL rk apt L, rec R, fwd L/R, L trng RF 1/4 (W trn LF ¼ R/L, R und jnd lead hnds end wrap pos) ; sip R/L, R trng 1/4 RF (W unwrap L/R, L) to BFLY COH, rk apt L, rec R ; fwd L/R, L trng RF 1/4 (W trn LF ¼ R/L, R und jnd lead hnds end wrap pos), sip R/L, R trng 1/4 RF (W unwrap L/R, L) to BFLY WALL ;

**13-16 CHANGE RIGHT TO LEFT ; , , ; CHANGE LEFT TO RIGHT , , ; ROCK RECOVER SWIVEL 2 ;**

{Chg R to L} In CP WALL rk bk L to SCP, rec R, sd L/cl R, sd L comm 1/4 LF trn ; sd & fwd R/cl L, sd R, (W rk bk R to SCP, rec L, sd R/cl L, fwd R comm 3/4 RF trn under jnd ld hnds ; sd & slightly bk L/cl R, sd & bk L to LOFP,)

{Chg L to R} In LOFP rk bk L, rec R, sd L/cl R, sd L comm 1/4 RF trn ; sd R/cl L, sd R comp 1/4 RF Trn, (W rk bk R, rec L, fwd R/cl L, fwd R comm 3/4 LF trn under jnd ld hnds ; sd L/cl R, sd L comp LF trn to SCP LOD,)

{Rk Rec Swvl 2} In SCP LOD rk bk L, rec R, with swvlg action fwd L, fwd R ;

**17-20 PRETZEL TURN ; DOUBLE ROCK FORWARD ; UNWIND ; DOUBLE ROCK BACK ;**

{Pretzel Trn} In SCP LOD fwd L/cl R to fc ptr, sd L trng 1/2 RF to bk to bk pos keeping ld hnds jnd, sd R/cl L, sd R trng 1/4 RF to bk to bk "V" pos ld hnds jnd bhnd bks ;

{DbI Rk Fwd} In bk to bk "V" pos rk fwd xLif to LOD with trail hnds extnd fwd, rec R, rk fwd xLif to LOD with trail hnds extnd fwd, rec R ;

{Unwind} In bk to bk "V" pos sd L/cl R, sd L trng 1/2 LF keeping ld hnds jnd, sd R/cl L, sd R ;

{DbI Rk Bk} In SCP LOD rk bk L, rec R, rk bk L, rec R ;

**21-24 KICK BALL CHANGE TWICE ; SWIVEL 4 ; 4 POINT STEPS TO BFLY WALL ; ;**

{Kick Ball Chg Twice} In SCP LOD kck L fwd/take wt on ball of L, replace wt on R raising L knee, kck L fwd/take wt on ball of L, replace wt on R ;

{Swvl 4} In SCP LOD with swvlg action fwd L, fwd R, fwd L, fwd R ;

{4 Pt Steps} In SCP LOD pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R ; pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R to BFLY WALL ;

**PART A (MOD)**

- 1-4 CHASSE LEFT & RIGHT ; RIGHT TURNING FALLAWAY TWICE ; ; ;**  
{Chasse L & R} In BFLY WALL sd L/cl R, sd L, sd R/cl L, sd R ;  
{Right Trng Falwy Twice} Trng to SCP rk bk L, rec R to fc, comm 1/4 RF trn sd L/cl R, comp RF trn sd L ; comm 1/4 RF trn sd R/cl L, comp RF trn sd R, rk bk L, rec R to fc ; comm 1/4 RF trn sd L/cl R, comp RF trn sd L, comm 1/4 RF trn sd R/cl L, comp RF trn sd R ;
- 5-8 CHANGE RIGHT TO LEFT ; , , CHANGE LEFT TO RIGHT , , ; PROGRESSIVE ROCK 4 ;**  
{Chg R to L} In CP WALL rk bk L to SCP, rec R, sd L/cl R, sd L comm 1/4 LF trn ; sd & fwd R/cl L, sd R, (W rk bk R to SCP, rec L, sd R/cl L, fwd R comm 3/4 RF trn under jnd ld hnds ; sd & slightly bk L/cl R, sd & bk L to LOFP,)  
{Chg L to R} In LOFP rk bk L, rec R, sd L/cl R, sd L comm 1/4 RF trn ; sd R/cl L, sd R comp 1/4 RF Trn, (W rk bk R, rec L, fwd R/cl L, fwd R comm 3/4 LF trn under jnd ld hnds ; sd L/cl R, sd L comp LF trn to BFLY WALL,)  
{Prog Rk 4} In BFLY WALL rk apt L, xRif, rk apt L, xRif ;
- 9-12 CHASSE LEFT & RIGHT ; CHANGE HANDS BEHIND BACK TWICE ; ; ;**  
{Chasse L & R} In BFLY WALL sd L/cl R, sd L, sd R/cl L, sd R ;  
{Chg Hnds Bhnd Bk Twice} rk apt L, rec R, fwd L starting 1/4 LF trn & plcg M's R hnd over W's R hnd/cl R, fwd L comp LF trn to tandem pos in frnt of W ; sd & bk R starting 1/4 LF trn & M plcg L hnd bhnd M's bk/cl L transfer W's R hnd to M's L hand bhnd his bk, sd & bk R comp LF trn to LOFP, (W rk apt R, rec L, fwd R start 1/4 RF trn/cl L, fwd R comp RF trn to tandem pos bhnd M ; sd & bk L start 1/4 RF trn/cl R, sd & bk L comp RF trn to LOFP,) rk apt L, rec R, fwd L starting 1/4 LF trn & plcg M's R hnd over W's R hnd/cl R, fwd L comp LF trn to tandem pos in frnt of W ; sd & bk R starting 1/4 LF trn & M plcg L hnd bhnd M's bk/cl L transfer W's R hnd to M's L hand bhnd his bk, sd & bk R comp LF trn to LOFP, (W rk apt R, rec L, fwd R start 1/4 RF trn/cl L, fwd R comp RF trn to tandem pos bhnd M ; sd & bk L start 1/4 RF trn/cl R, sd & bk L comp RF trn to LOFP,)
- 13-16 CHASSE LEFT & RIGHT ; RIGHT TURNING FALLAWAY TWICE ; ; ;**  
{Chasse L & R} In BFLY WALL sd L/cl R, sd L, sd R/cl L, sd R ;  
{Right Trng Falwy Twice} Trng to SCP rk bk L, rec R to fc, comm 1/4 RF trn sd L/cl R, comp RF trn sd L ; comm 1/4 RF trn sd R/cl L, comp RF trn sd R, rk bk L, rec R to fc ; comm 1/4 RF trn sd L/cl R, comp RF trn sd L, comm 1/4 RF trn sd R/cl L, comp RF trn sd R ;
- 17-20 LINK ROCK SCP LOD ; , , ROCK BACK RECOVER TO 4 POINT STEPS , , , ;**  
{Link Rock} rk apt L, rec R, fwd L/cl R, fwd L trn RF ; sd R/cl L, sd R to SCP LOD,  
{Rk Bk Rec to 4 Pt Steps} in SCP LOD rk bk L, rec R, pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R ; pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R ;

**ENDING**

- 1-4 TWO FORWARD TRIPLES ; SWIVEL 4 ; 4 POINT STEPS ; ;**  
{Two Fwd Trpls} In SCP LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R ;  
{Swivel 4} In SCP LOD with swiveling action fwd L, fwd R, fwd L, fwd R ;  
{4 Pt Steps} In SCP LOD pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R ; pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R to SCP LOD ;
- 5-9 TWO FORWARD TRIPLES ; SWIVEL 4 ; 4 POINT STEPS CP WALL ; ; SIDE CORTE ;**  
{Two Fwd Trpls} In SCP LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R ;  
{Swivel 4} In SCP LOD with swiveling action fwd L, fwd R, fwd L, fwd R ;  
{4 Pt Steps} In SCP LOD pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R ; pt L fwd w/outsd edge of ft, step L, pt R fwd w/outsd edge of ft, step R to CP WALL ;  
{Sd Corte} In CP WALL sd L relaxing knee leaving R leg extended trng to RSCP (W sd R relaxing knee leaving L leg extended trng to RSCP), -, -, - ;

## HEAD CUES

[CP WALL] Wait ; ; Fallaway Throwaway ; , , Link Rock [BFLY] , , ;  
Spanish Arms Twice ; ; ;

Chasse L & R ; Rt Trng Fallaway Twice ; ; ;  
Change Right to Left ; , , Change Left to Right [BFLY] , , ; Prog Rk 4 ;  
Chasse L & R ; Change Hands Behind Back Twice ; ; ;  
Link Rk [SCP] ; , , Rk Bk, Rec to 4 Point Steps , , ; ;

Two Fwd Triples ; Swivel 4 ; 4 Point Steps [To FC] ; ;

Chasse L & R ; Rt Trng Fallaway Twice ; ; ;  
Change Right to Left ; , , Change Left to Right [BFLY] , , ; Prog Rk 4 ;  
Chasse L & R ; Change Hands Behind Back Twice ; ; ;  
Link Rk [SCP] ; , , Rk Bk, Rec to 4 Point Steps , , ; ;

Into A Pretzel Trn ; Double Rock Fwd ; Unwind ; Double Rock Back ;  
Kick Ball Chg Twice ; Throwaway ; Link Rk ; , ,  
Fallaway Rock [BFLY] , , ; Spanish Arms Twice ; ; ;  
Change Right To Left ; , , Change Left to Right [SCP] , , ; Rk Rec Swivel 2 ;  
Into A Pretzel Trn ; Double Rock Fwd ; Unwind ; Double Rock Back ;  
Kick Bal Chg Twice ; Swivel 4 ; 4 Point Steps [FC] ; ;

Chasse L & R ; Rt Trng Fallaway Twice ; ; ;  
Change Right to Left ; , , Change Left to Right [BFLY] , , ; Prog Rk 4 ;  
Chasse L & R ; Change Hands Behind Back Twice ; ; ;  
Chasse L & R ; Rt Trng Fallaway Twice ; ; ;  
Link Rk [SCP] ; , , Rk Bk, Rec to 4 Point Steps , , ; ;

Two Fwd Triples ; Swivel 4 ; 4 Point Steps ; ;  
Two Fwd Triples ; Swivel 4 ; 4 Point Steps [To FC] ; ; Sd Corte ;