

LOUISIANA HOT SAUCE



Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Joanne Brady, Gordon Elliott, Max Perry & Jo Thompson
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 ¼ 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 ¼ 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