

Cajun Two-Step

The Cajun Two-Step is a three step dance found in two rhythmic variations, either Quick, Quick, Slow, or Slow, Quick, Quick which is the rhythm used here.

Position: Ballroom position, Leader (Le) begins with L ft, Follower (Fo) begins with R ft

Meter: 2/4 (Slow, Quick, Quick)

Meas **Basic**

- 1 Le steps L ft in place. Fo steps R ft (1), step bkwd with opposite ft (2), step in place with original ft (&)
- 2 Repeat meas 1 with opp footwork

Repeat turning slowly in either direction

Meas **Basic with Travel**

Moving as a couple, with Le moving fwd and Fo moving bkwd

- 1 Le makes small step fwd with L ft, Fo steps bkwd with R ft (1), Le makes large step fwd with R ft, Fo steps bkwd with L ft (2), Le makes small step bkwd with L ft, Fo steps fwd with R ft (&)
- 2 Repeat meas 1 with opposite footwork

Repeat turning to move in opposite direction at will

Meas **Port Arthur, Texas Style**

Similar to **Basic** but with twisting feet

- 1 Weight on both feet, twist heels inward (1), lift one foot (Le: R; Fo: L) while twisting heels outward (&), step bkwd while twisting heels inward (2), step in original place while twisting heels outward
- 2 Repeat meas 1 with opposite footwork

Meas **Outside Arch Under**

Use the same feet as **Basic** and turn one-half

- 1 Le guides Fo under uplifted L arm holding Fo R hand (1), Fo steps fwd and turns R to face Le while Le steps fwd and turns L to face Fo (2&)
- 2 same as **Basic** meas 2

Meas **Inside Arch Under**

Use the same feet as **Basic** and turn one-half

- 1 Fo turns L as Le guides Fo across in front of Le with uplifted L arm holding Fo right hand (1), Fo continues turn to L to face Le as Le steps fwd and turns to R to face Fo (2&)
- 2 same as **Basic** meas 2

- Meas **Zydeco**
- 1 Le steps L in place, Fo steps R (1), Le swings hips to L, Fo to R (2), Le swings hips to R, Fo to L(&)
 - 2 Le steps R in place, Fo steps L (1), Le steps L ft bkwd, Fo steps R ft bkwd (2), Le steps R ft in place, Fo steps L ft in place (&)

Zydeco Stamp Variation 1

Same as Zydeco with the addition of a stamp on meas 1, count 2; without taking weight, Le stamps R ft, Fo stamps L ft

Zydeco Stamp Variation 2

Same as Zydeco stamping on meas 1, count 1 instead of stepping

Zydeco Gallop

- 1 Le steps to L with L ft, Fo steps to R with R ft (1), Le steps R ft close to L ft, Fo steps L ft close to R ft (2)
- 2 Repeat meas 1 at will

Zydeco Lizard

- 1 Same as Zydeco meas 1
- 2 Le steps R in place, Fo steps L (1), Le slides L ft from left back to place, Fo slides R ft (2)