

## Ponchatoula

Choreographed by Jerry Duke from two styles of the traditional Cajun Two-Step: S,Q,Q, and Jitterbug.

**Position:** Circle of couples in ballroom hold with Leader's back to centre of room

**Meter:** 2/4

**Rhythm:** S,Q,Q or 1,2,&

Meas **Introduction**

1-8 No action

Meas **Figure 1**

1-8 8 **Basic** Cajun Two-Steps making full turn CW

9 Facing CCW, Le steps fwd with L ft (1), step R ft near L ft (&), repeat 1& (2&). Fo does same with opp feet

10-12 Repeat meas 9 three times

13-16 Repeat meas 9-12 into the centre,

17-20 Turn 1/2 CW using 4 **Basic** two-steps

21-24 Repeat meas 9-12 out of circle

Meas **Figure 2**

1-4 4 **Basic** Cajun Two-Steps

5-6 **Outside Arch Under**

7-8 **Inside Arch Under**

9-16 Repeat meas 1-8

Meas **Figure 3** (Cajun Jitterbug step)

1-2 **Walk Around** pt 1, circling CW for 4 up-downs

3-4 Fo turns under Le's R hand (**Walk Around** pt 2)

5-6 Circle CCW for 4 up-downs

7-8 Fo turns under Le's L hand (**Walk Around** pt 3)

9-10 Le wraps Fo to left side (**Wrap** part 1)

11-12 Turn CW (Le bkwd, Fo fwd) for 4 up-downs

13-14 Le wraps Fo to right side (**Wrap** part 2)

15-16 Turn CCW and unwrap to ballroom hold

Repeat Figures 1-3 until music ends