

Cabana Boy

Description: 64 Ct. 4 wall no tags or restarts **Difficulty:** Intermediate
Choreographer: Michele Burton **mburtonmb@sbcglobal.net**
Suggested Music: Cabana Boy By: Sara Evans CD: Stronger **BPM: 184 16 ct. intro**
Music Options: The dance has versatility to phrased and or un-phrased two step rhythm too – give it a try.
Web Access: www.MichaelandMichele.com **DVD Instructional video available on the website**
Online Video Access: www.linelessons.com
Download Music: iTunes.com (bonus track)

1 – 8 ROCK BACK, HOLD, RETURN, HOLD ~ STEP, ROCK, STEP (step ball change)

1 – 4 Rock L to back left diagonal (*styling: straight L leg, pushing L hip back*); Hold; Return wt. to R foot; Hold
5 – 8 Step L forward (*in front of R*); Rock R to right (*on ball of R*); Return wt. to L; Hold

9 – 16 MODIFIED JAZZ BOX ~ STEP (turn 1/8), STEP (turn 1/8), HEEL, STEP

1 – 4 Cross R in front of L; Step L back; Step R next to L; Hold (*wt. stays on R*)
5 – 6 Step L toward left diagonal; Turn 1/8 L, step R to right (*now facing 9:00*) – (*it's a lazy way to turn 1/4 left*) ☺
7 – 8 Touch L heel in front of R foot; Step L to left **9:00**

17-24 TOUCH STEP, TOUCH STEP ~ CROSS, STEP, CROSS, HOLD

1 – 4 Touch R beside L; Step R to right; Touch L beside R; Step L to left (*slightly back*)
5 – 8 Step R in front of L; Step L to left; Step R in front of L; Hold **9:00**

25-32 STEP, HOLD, 1/4 RIGHT, HOLD ~ FORWARD, HOLD, 1/2 TURN RIGHT, HOLD

1 – 4 Step L to left (*L leg slightly bent, hip popped left - look left*); Hold; Turn 1/4 right, step R in place; Hold
5 – 8 Step L forward; Hold: Turn 1/2 right, take weight to R foot; Hold **6:00**

33-40 KICK, STEP, TOUCH, HITCH ~ HIP, HIP, HIP, HOLD

1 – 4 Kick L forward (*no need to rush kick*); Step L beside R; Point R to right; Hitch R beside L calf
5 – 8 Step R ball to right, hips right; Shift wt. to L, hips left; Shift wt. to R, hips right (*R fully weighted*); Hold

41-48 CROSS ROCK, RETURN, BACK, HOLD ~ BACK, 1/4 TURN, CROSS, HOLD

1 – 4 Step (*small rock*) L in front of R; Return wt. to R; Step L slightly back; Hold
5 – 8 Step R back; Turn 1/4 L, step side left; Step R over L; Hold **3:00**

49-56 SIDE, TOGETHER, SIDE, HOLD ~ HEEL, STEP, HEEL, STEP

1 – 4 Step L to left; Step R beside L; Step L to left; Hold
5 – 8 Touch R heel forward; Step R beside L; Touch L heel forward; Step L beside R

57-64 ROCK FORWARD, HOLD, RETURN HOLD ~ 1/4, TOGETHER, 1/4, 1/2 TURN

1 – 4 Rock R forward; Hold; Return weight to L; Hold
5 – 8 Turn 1/4 right, step R to right; Step L beside R; Turn 1/4 R, step R forward; Turn 1/2 R on ball of R foot (*allow ct. 8 to flow right into the beginning – diagonal rock back*) **3:00**

Choreographer note: Because this music has a casual, flowing island feel, keep your movement soft and light.

BEGIN AGAIN – Enjoy