

# LINDA LOU

*Dance script courtesy of [Gifts 4 All](#), the [The online shopping and gift idea site](#)*

CHOREOGRAPHER: Cindi Talbot,

COUNT: 64 TYPE: Contra Line Dance LEVEL: Intermediate

MUSIC: Linda Lou by The [The Tractors](#) - Farmers In A Changing World CD

For this dance to be phrased with the music properly, the last 16 counts should be dropped on the fourth repetition only.

## **STOMPS, KICK-BALL-CHANGES, STEPS**

1 With weight on Left, stomp Right

2&3 Right kick-ball-change, moving forward

4 Step Right forward

5 Keeping weight on Right, stomp Left

6&7 Left kick-ball change, moving forward

8 Step Left forward

## **SLOW PENDULUM, QUICK TURNING PENDULUM**

9 Touch Right toe out to Right

10 Hold

&11 Quickly step Right, touch Left toe out to Left

12 Hold

&13 Quickly step Left, making 1/4 turn Left, touch Right toe Right

&14 Quickly step Right, touch Left toe Left

&15 Quickly step Left, making 1/4 turn Left, touch Right toe Right

16 Hold

## **STOMPS, KICK-BALL-CHANGES, STEPS**

17 With weight on Left, stomp Right

18&19 Right kick-ball-change, moving forward

20 Step Right forward

21 Keeping weight on Right, stomp Left

22&23 Left kick-ball change, moving forward

24 Step Left forward

### **SLOW PENDULUM, QUICK TURNING PENDULUM**

25 Touch Right toe out to Right

26 Hold

&27 Quickly step Right, touch Left toe out to Left

28 Hold

&29 Quickly step Left, making 1/4 turn Left, touch Right toe Right

&30 Quickly step Right, touch Left toe Left

&31 Quickly step Left, making 1/4 turn Left, touch Right toe Right

32 Hold

### **RIGHT SYNCOPATED VINE**

33 Step Right

34 Step Left behind Right

&35 Quickly step Right, step Left across Right

&36 Quickly step Right, step Left behind Right

37 Step Right to Right

38 Step Left across Right

39&40 Shuffle Right, Left, Right

### **LEFT SYNCOPATED VINE**

41 Step Left

42 Step Right behind Left

&43 Quickly step Left, step Right across Left

&44 Quickly step Left, step Right behind Left

45 Step Left to Left

46 Step Right across Left

47&48 Shuffle Left, Right, Left

### **RUNS FORWARD, SHUFFLES BACK**

49-52 Run forward Right, Left, Right, Left

53&54 Shuffle back Right, Left, Right

55&56 Shuffle back Left, Right, Left

### **RUNS FORWARD, SHUFFLES BACK**

57-60 Run forward Right, Left, Right, Left

61&62 Shuffle back Right, Left, Right

63&64 Shuffle back Left, Right, Left