

# HEDY MCADAMS: “IKO IKO”

(pronounced ‘eye-kohw eye-kohw’)

A 32-count, 2-wall, intermediate-level line dance\*

Choreographer: **HEDY McADAMS**, Palo Alto, CA ~ phone/fax: 650-322-6760 ~ hedy@DanceAdventures.com  
 Teaching Note: To confirm that you have the latest step sheet, contact Hedy or visit her web site: [www.DanceAdventures.com](http://www.DanceAdventures.com)  
 Music/Tempo: Recommended: “**iko iko**” by The Zydeco Flames, 192/96\* bpm, 56-ct lead, “Burnin’ Up the Tracks” CD  
 Teaching: “**dance and show off**” by Rockin’ Sydney, 160/80\* bpm, 48-ct. lead, “My Toot Toot” CD  
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<b>A</b>	<b>C</b>
<b>SIDE/TOG/SIDE – SIDE/TOG/TURN PIVOT/STEP – PIVOT/STEP – TOE/HEEL – PUSH/HEEL</b>	<b>BACK/TOG/BACK – BACK/TOG/BACK BACK/TOG/FORWARD/SCOOT – STEP/STOMP/STOMP</b>
<i>Home/original wall=12:00 o’clock, begin with weight left (L)</i>	<i>Facing 12:00, weight is R</i>
1& <sup>A</sup> Step R to right – Slide L foot beside R 2 Step R to right 3& Step L to left – Slide R foot beside L 4 Turn body ¼ left [9:00] and step L forward 5& Step ball of R forward at a diag right & pivot ( <i>on ball of L</i> ) into a ¼ turn left [6:00] – Shift weight L 6& Step ball of R forw at diag right & pivot ( <i>on ball of L</i> ) into a ¼ turn left [3:00] – Shift weight L 7& Step toe of R forward – Snap R heel down 8& <b>Push off</b> <sup>B</sup> from ball of L ( <i>keeping weight forward, over R leg</i> ) & lift up on ball of R – Snap R heel down	1& Step L back on diagonal left – Step R beside L 2 Step L back on diagonal left 3& Step R back at diagonal right – Step L beside R 4 Step R back at diagonal right 5& ( <i>begin coaster step</i> ) Step L back – Step R beside L 6 Step L forward &7 Scoot forward on L ( <i>lift R knee</i> ) – Step R forward & Stomp L ( <i>slightly</i> ) forward 8 Stomp R ( <i>slightly</i> ) forward
<b>B</b>	<b>D</b>
<b>TOE/HEEL – PUSH/HEEL – TOE/HEEL – PUSH/HEEL CROSS/HEEL – TOE/CROSS – TOE/CROSS – TURN/HEEL</b>	<b>SIDE/SLIDE – TURN/SNAP – PIVOT/STEP TOUCH/SLIDE – PUSH/CROSS – PUSH/CROSS TOE/HEEL – ROCK/RECOVER</b>
<i>Facing 3:00, weight is R</i>	<i>Facing 12:00, weight is R</i>
1& Step ball of L forward – Snap L heel down 2& <b>Push off</b> <sup>B</sup> from ball of R ( <i>keeping weight forw, over L leg</i> ) & lift up on ball of L – Snap L heel down 3& Step ball of R forward – Snap R heel down 4& <b>Push off</b> <sup>B</sup> from ball of L ( <i>keeping weight forw, over R leg</i> ) & lift up on ball of R – Snap R heel down 5& Cross-step ball of L over R – Snap L heel down 6 Step ball of R to right <sup>C</sup> & Step L directly right ( <i>drop to full weight – cross R</i> ) 7 Step ball of R to right <sup>C</sup> & Step L directly right ( <i>drop to full weight – cross R</i> ) 8 Turn body ¼ left [12:00] & step back on ball of R & Snap R heel down	1& Step L to left – Slide R beside L 2 Turn ¼ left [9:00] and step L heel forward & Snap L toe down 3& Step ball of R forward at a diag right & pivot ( <i>on ball of L</i> ) into a ¼ turn left [6:00] – Shift weight L 4 Touch R toe forward on a diagonal right & Slide R toe ( <i>slightly</i> ) back and across L foot as you snap R heel down ( <i>shifting weight R</i> ) 5 Place ball of L on a diag. ( <i>back &amp; left</i> ) & push up <sup>D</sup> & Slide-step R across L ( <i>drop to full weight</i> ) 6 Place ball of L on a diag. ( <i>back &amp; left</i> ) & push up & Slide-step R across L ( <i>drop to full weight</i> ) 7 Step ball of L back on a diagonal left & Snap L heel down ( <i>opt: lift R foot</i> ) 8 ( <i>opt: swing R foot clockwise, then...</i> ) Rock back on R & Rock forward on L ( <i>in place</i> )

<sup>A</sup>“&” counts follow whole counts in order to convey basic Cajun/Zydeco styling, up on first beat, down on second beat  
<sup>B</sup>Place ball of “**push-off**” foot slightly back and to the side (right for R foot, left for L foot) for balance and comfort.  
<sup>C</sup>Lift R knee and point knee to right before stepping ball of R to the right and “push up” as you progress directly right.  
<sup>D</sup>Note that you progress back on a diagonal left for counts D5-7.

**BEGIN AGAIN** Reset “clock” at 12:00.  
 \*Music is counted slowly to create a 32-count teaching tool for what is really a 64-count dance.