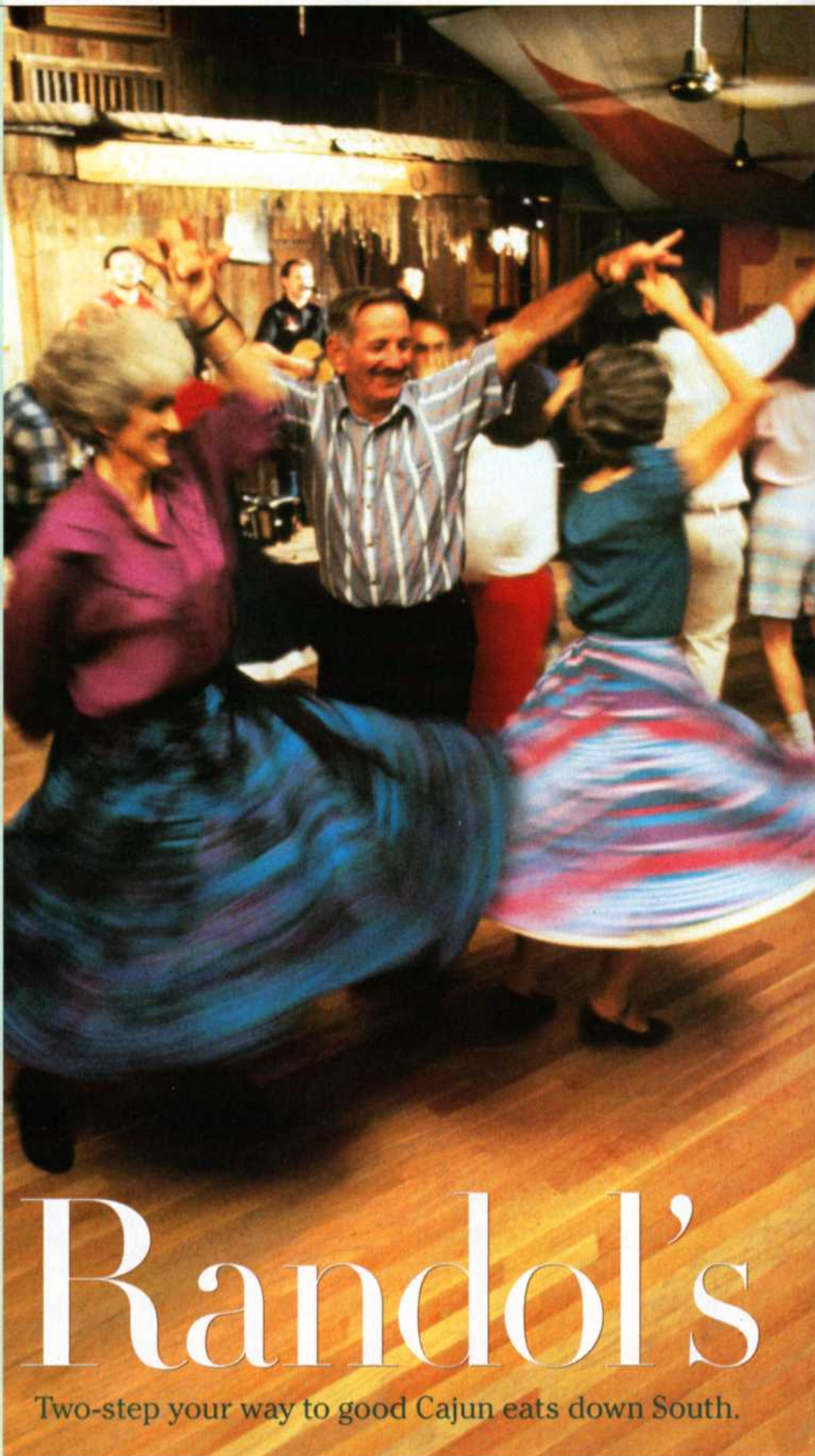


Spring in Louisiana means crawfish—and all the deep-fried fixin's that go with it. Luckily, you can melt those calories away with an evening of Cajun dancing at Randol's Restaurant in Lafayette.

For more than three decades, Randol's has served Cajun country as the place to go for food and festive music. Inside the restaurant, you'll find bands performing nightly and couples spinning across the dance floor. Pick the right night for a visit, and you're likely to stumble on the film crew for *Allons Danser*, a local Cajun music and dancing TV show.

But even those with no rhythm will enjoy the restaurant's down-home style, with its dancehall atmosphere, wood-plank walls, and communal tables. That and the food, of course. The restaurant brings in fresh produce and seafood daily from the Gulf of Mexico and raises crawfish and crabs on-site.

So while you may not wow Lafayette locals with your smooth dance moves, you'll at least leave the restaurant well-fed—and worked-out. randols.com



Randol's

Two-step your way to good Cajun eats down South.