

# Oh Mary Lou

Count: 0

Wand: 2

Ebene: Advanced

Choreograf/in: Lou Ecken (USA)

Musik: Oh Mary Lou - Eddie Mitchell



Sequence: A, BB, A, BB, AA

## PART A

### TOE HEEL CROSS TOUCH, STEP PIVOT, HIP THRUSTS

- 1-2 Touch right toe next to left foot, touch right heel next to left foot
- 3-4 Step right across left, touch left out to left side
- 5-6 Step left foot forward, pivot  $\frac{1}{4}$  turn right (weight right foot)
- 7-8 Do two quick pelvic thrusts

### ROCK STEP, COASTER STEP, $\frac{1}{4}$ TURN SLIDE, COASTER TOUCH

- 1-2 Rock forward on left, recover on right
- 3&4 Step back on left, step right next to left, step forward on left
- 5-6 Making a  $\frac{1}{4}$  turn to the left, take a large sliding step on right
- 7&8 Step back on left, step right next to left, touch left next to right

### TOE HEEL CROSS TOUCH, STEP PIVOT, HIP THRUSTS

- 1-2 Touch left toe next to right foot, touch left heel next to right foot
- 3-4 Step left across right, touch right out to right side
- 5-6 Step right foot forward, pivot  $\frac{1}{4}$  turn left (weight left foot)
- 7-8 Do two quick pelvic thrusts

### ROCK STEP, COASTER STEP, $\frac{1}{4}$ TURN SLIDE, COASTER TOUCH

- 1-2 Rock forward on right, recover on left
- 3&4 Step back on right, step left next to right, step forward on right
- 5-6 Making a  $\frac{1}{4}$  turn to the right, take a large sliding step on left
- 7&8 Step back on right, step left next to right, touch right next to left

## PART B

### RIGHT CROSS ROCK SHUFFLE STEP, CROSS ROCK SHUFFLE STEP

- 1-2 Step right across left, step left in place
- 3&4 Step right to right side, step left next to right, step right to right side
- 5-6 Step left across right, step left back in place
- 7&8 Step left to left side, step right next to left, step left to left side

### KICK WALKS, DRAG BACK, STOMP, STOMP

- 1-4 Kick step forward right, left, right, left
- 5-6 Take a large step back to the right diagonally, drag left to close
- 7-8 Stomp right, stomp left

### KICK-BALL-CROSS, KICK-BALL-CROSS, SIDE ROCK, SAILOR STEP

- 1&2 Kick right across left, step right across left, step left to left
- 3&4 Kick right across left, step right across left, step left to left
- 5-6 Step right out to right side, recover weight on left
- 7&8 Step right behind left, step left to left side, step right under body

### ROCK LEFT, SAILOR TURN, SHIMMY DOWN, SHIMMY UP

- 1-2 Step left to left side, recover weight on right

3&4 Step left behind right, step right in place making  $\frac{1}{4}$  turn left, step in place making  $\frac{1}{4}$  turn left  
5-6 Shimmy (shake your shoulders) down  
7-8 Shimmy up (end with weight on left)

**REPEAT**

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