

Bouncing Betty

Count: 48

Wall: 2

Level: Intermediate

Choreographer: A.A.J.D (UK) - April 2017

Music: Bouncin Betty Boogie - Hayseed Dixie



S1: Toe, Heel, Toe, kick, Cross, Back, Side, Hold, Toe, Heel, Toe, Kick, Cross, Back, Side, Hold.

- 1 & 2 & Touch right toe slightly forward, touch right heel slightly forward, touch right toe slightly forward, kick forward right.
- 3 & 4 & Cross right over left, step back left, step right to right side, hold.
- 5 & 6 & Touch left toe slightly forward, touch left heel slightly forward, touch left toe slightly forward, kick forward left.
- 7 & 8 & Cross left over right, step back right, step left to left side, hold.

S2: Right Lock, Step Pivot ½, ½, Back Strut, Back Strut, Coaster.

- 1 & 2 Step forward right, lock left behind right, step forward right.
- 3 & 4 Step forward left, pivot ½ turn right, turn ½ turn right stepping back on left.
- 5 & 6 Step right toe back, step right heel down, step left toe back, step left heel down.
- 7 & 8 Step back right, step left next to right, step forward right.

S3: Left Lock, Right Lock, Cross, Back, ¼, Hold, Weave

- 1 & 2 Step forward left, lock right behind left, step forward left.
- 3 & 4 Step forward right, lock left behind right, step forward right.
- 5 & 6 & Cross left over right, step back right, ¼ turn left stepping left to left side, hold.
- 7 & 8 & Cross right over left, step left to left side, step right behind left, step left to left side.

S4: Cross Rock, Side, Together, Side, Touch, Side, Touch, Rhumba.

- 1 & 2 Cross rock right over left, recover onto left, step right to right side.
- & 3 & Step left next to right, step right to right side, touch left next to right.
- 4 & Step left to left side, touch right next left.
- 5 & 6 Step right to right side, step left next to right, step forward right.
- 7 & 8 Step left to left side, step right next to left, step back left.

S5: Back Lock, Coaster, Run x3, Mambo.

- 1 & 2 Step back right, lock left in front of right, step back right.
- 3 & 4 Step back left, step right next to left, step forward left.
- 5 & 6 Step forward right, step forward left, step forward right (bend knees slightly)
- 7 & 8 Rock forward on left, recover onto right, step back left.

S6: Out, In, Out, Coaster, Rocking Chair, Cross, Back, ¼, Hold.

- 1 & 2 Point right to right side, touch right next to left, point right to right side.
- 3 & 4 Step back right, step left next to right, step forward right.
- 5 & 6 & Rock forward left, recover onto right, rock back left, recover onto right.
- 7 & 8 & Cross left over right, step back right, ¼ turn left stepping left to left side, hold.

No Tags – No Restarts

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