

Betty Lou

Compte: 48

Mur: 4

Niveau: Easy Intermediate



Chorégraphe: Linda Burgess (AUS) - August 2014

Musique: Bitchin' Betty Lou - The Perch Creek Family Jugband : (Album: Jumping on the Highwire)

Intro: Wait 32 counts of the fast beat.. start with lyrics "Don't". CW rotation

[1-8] □ □ SIDE, HOLD, BACK, REPLACE, SIDE, REPLACE, BACK, REPLACE

1,2,3,4 Step R to R & take arms out to side, hold, rock/step back L, replace weight to R

5,6,7,8 Rock/step L to L, replace weight to R, rock/step L behind R, replace weight to R

[9-16] □ □ ¼ STRUT, ½ STRUT, ¼ STRUT, ROCK/ BACK, REPLACE

1,2,3,4 ¼ turn R & step back L ball of foot, lower L heel, ½ turn R & step fwd R on ball of foot, lower R heel,

5,6,7,8 turn ¼ R & step L to L side on ball of foot, lower L heel, rock/step R behind L, replace weight to L

[17-24] □ □ SASSY WALKS FWD -R, HOLD, L, HOLD, R,L,R,L

1,2,3,4 Step fwd on R ball of foot (toes turned out), hold, step fwd on L ball of foot (toes turned out), hold

5,6,7,8 Step fwd on R ball of foot (toes turned out), step fwd on L ball of foot (toes turned out), step fwd on R ball of foot (toes turned out), step fwd on L ball of foot (toes turned out)

Note: Hands can be out to sides & flickering with the sassy walks or any choice of arms!!

[25-32] □ □ ¼ STEP, TOUCH, STEP, TOUCH, ¼ STEP, TOUCH, STEP, TOUCH

1,2,3,4 Turn ¼ L & step R to R, touch L beside R & clap, step L to L, touch R beside L & clap

5,6,7,8 Turn ¼ L & step R to R, touch L beside R & clap, step L to L, touch R beside L & clap

[33-40] □ HEEL GRIND ¼, REPLACE, BACK, REPLACE, HEEL GRIND ¼, REPLACE, BACK, REPLACE

1,2,3,4 Touch R heel fwd, grind R heel & turn ¼ R & step L in place, rock/step back R, replace weight to L

5,6,7,8 Touch R heel fwd, grind R heel & turn ¼ R & step L in place, rock/step back R, replace weight to L

[41-48] □ □ JUMP FWD, HOLD, JUMP BACK, HOLD, JAZZ BOX 1/4R

&1,2,&3,4 Jump fwd R,L, with knees bent pushing hands out to front, hold, jump back R,L(knees bent) & slap your hands on your backsides, hold

5,6,7,8 Cross/step R over L, step back L, turn ¼ R & step R to R, step fwd L.

Begin again!!

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