

Sweet Mary Lou

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Karen Holtom (UK) - February 2016

Musique: Hello Mary Lou - Ricky Nelson : (Album: Hits of the 60's - 2014)



Music available from iTunes or Amazon.co.uk

NO TAGS OR RE-STARTS

Intro: 16 Counts from strong beat. Start on the vocals.

SECTION 1: □ R BASIC NIGHT CLUB, L BASIC NIGHT CLUB, ROLLING GRAPEVINE R, CROSS

- 1, 2 & Long step to R, rock back on L, recover forward onto R
- 3, 4 & Long step to L, rock back on R, recover forward onto L
- 5,6 Step forward R turning ¼ R, (3o'clock) step back on L turning ½ R (9o'clock)
- 7, 8 Step R to R side turning ¼ R, cross L over R (12o'clock)

SECTION 2: □ SIDE TOGETHER BACK, LOCKSTEP BACK, COASTER CROSS, SIDE TOGETHER FORWARD

- 1 & 2, Step R to R side, step L beside R, step back on R
- 3 & 4 Step back on L, lock R across L, step back on L
- 5 & 6 Step back on R, step left beside R, cross R over L
- 7 & 8 Step L to L side, step R beside L, step forward on L

SECTION 3: □ ROCK RECOVER, SHUFFLE ½ TURN, STEP ¼ TURN, PRISSY WALKS X 2

- 1, 2 Rock forward on R, recover onto L,
- 3 & 4 Making ½ turn R shuffle forward R, L, R
- 5, 6 Step forward on L, pivot ¼ turn R
- 7, 8 Step L forward crossing L over R, Step R forward crossing R over L

SECTION 4: □ MAMBO FORWARD, LOCKSTEP BACK, SAILOR ¼ TURN, KICK BALL CHANGE

- 1 & 2 Rock forward on L, recover onto R, step back on L
- 3 & 4 Step back on R, lock L across R, step back on R
- 5 & 6 Making ¼ turn L, step L behind R, step R to R side, step L in place
- 7 & 8 Kick R forward, step R in place, step L in place.

Last Update - 22nd March 2016
