

# Betty's Judo Lesson

**Compte:** 48

**Mur:** 4

**Niveau:**

**Chorégraphe:** Jim Ferrazzano (USA) & Martie Ferrazzano (USA)

**Musique:** Betty's Takin' Judo - Jeff Carson



## **HEEL & TOE & HEEL & HEEL -- & HEEL & TOE & HEEL STAMP**

- 1&2 Touch right heel in front, step center o right foot, touch left toe to left side.  
&3&4 Step center on left foot, touch right heel in front, step center on left foot, touch left heel in front.  
&5&6 Step center on left foot, touch right heel in front, step center on right foot, touch left toe to left side.  
&7-8 Step center on left foot, touch right heel in front, stamp right foot center.

## **TOE SWEEP, STEP SLIDE FORWARD WITH SHOULDER SHIMMY**

- 9-12 Touch right toe in front, sweep right toe in half circle pulling yourself around ½ turn (turn uses 3 counts, end with right toe touching beside left foot).  
13-16 Step forward on right foot, slide left foot up to right (3 counts) with shoulder shimmy.

## **STEP SLIDE BACK WITH SHOULDER SHIMMY, KNEE POPS**

- 17-20 Step back on left foot, slide right foot back to left ending with right knee slightly bent (shimmy 3 counts).  
21-24 Pop left knee forward (slightly lifting left heel), pop right knee forward (left right heel), pop left knee forward, pop right knee forward (you should be on your left foot).

## **HEEL & TOE & HEEL & HEEL -- & HEEL & TOE & HEEL STAMP**

- 25&26 Touch right heel in front, step center on right foot, touch left toe to left side.  
&27&28 Step center on left foot, touch right heel in front, step center on left foot, touch left heel in front.  
&29&30 Step center on left foot, touch right heel in front, step center on right foot, touch left toe to left side.  
&31&32 Step center on left foot, touch right heel in front, stamp right foot center.

## **TOE SWEEP, STEP SLIDE RIGHT WITH PELVIC THRUSTS**

- 33-36 Touch right toe in front, sweep right toe in half circle pulling yourself around ½ turn (turn uses 3 counts, end with right toe touching beside left foot.)  
37-40 Take a fairly large step to right on right foot, using pelvic thrusts or shimmies for 3 counts slide left foot to right.

## **STEP SLIDE LEFT WITH PELVIC THRUST, STEP HOOK, ¼ TURN, STEP BACK**

- 41-44 Take large step to left on left foot, using shimmies or pelvic thrusts slide right to left.  
45-48 Step forward on right foot, hook left foot behind right ankle, pull right foot into ¼ turn to right, step slightly back on left foot.

## **REPEAT**

**Variation Count 37-44:**

**Bump hips 4 time to the right,**

**Bump hips 4 times to the left, or a basic step slide with no hip action**