

Betty Lou's Boogie

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Don Pascual (FR) - April 2022
音樂: Betty Lou's Gettin' Out Tonight - Bob Seger & The Silver Bullet Band



Start after 48 counts

Section 1: Traveling toe swivels, R kicks, behind, side, cross

1-2 Swivel L heel to the R & tap R toe beside L, swivel L toe to the R & tap R toe beside L
3-4 Swivel L heel to the R & tap R toe beside L, swivel L toe to the R & tap R toe beside L
5-6 Kick R forward, kick R forward (R diagonal)
7&8 Cross R behind L, step L to the L, cross R in front of L

Section 2: Traveling toe swivels, L kicks, L 1/4 T into a L sailor step

1-2 Swivel R heel to the L & tap L toe beside R, swivel R toe to the L & tap L toe beside R
3-4 Swivel R heel to the L & tap L toe beside R, swivel R toe to the L & tap L toe beside R
5-6 Kick L forward, kick L forward (L diagonal)
7&8 L 1/4 T & cross L behind R, step R to the R, step L forward (L diagonal)

Section 3: (R toe tapping & L back scoot) x4, swiveling steps RLR fwd, step L fwd

1& Tap R toe beside L & L back scoot
2& Tap R toe beside L & L back scoot
3& Tap R toe beside L & L back scoot
4& Tap R toe beside L & L back scoot
5-6 R step forward (swiveling R heel to the L), L step forward (swiveling L heel to the R)
7-8 R step forward (swiveling R heel to the L), L step forward

Style:

Counts 1 to 4, point your forefingers forward while doing your scoots, your body slightly bent forward
Counts 5 to 8, bend slightly your legs

Section 4: Repeat section 3

Section 5: R side Flick, R hook, R side flick, R hook, chasse R, L back rock step

1-2 (While swiveling your L heel to the R & to the L): R flick to R side, R hook in front of L shin
3-4 (While swiveling your L heel to the R & to the L): R flick to R side, R hook behind L calf
5&6 Step R to R side, L beside R, step R to R side
7-8 L back step, recover onto R

Section 6: R side point, hold, L side point, hold, L 1/2 T

&1-2 Bring L beside R (weight on L), point R to R side (R knee inward), hold
&3-4 Bring R beside L (weight on R), point L to L side (L knee inward), hold
&5 Bring L beside R (weight on L), step R forward
6-8 Slow 1/2 T left (ending weight on L)

Style:

Counts 1-2: Turn your head right

Counts 7-8: Turn your head left

Contact: countryscal@gmail.com