

# Heel Jacks Betty

COPPERKNOB  
STEPSHEETS

拍數: 0                      牆數: 2                      級數: Intermediate  
編舞者: John Wilson (UK)  
音樂: Black Betty (Celtic Remix) - Gran Canaria



Sequence: ABABA

## PART A

### SIDE SHUFFLE, CROSS SHUFFLE, ROCK, RECOVER, CROSS SHUFFLE

1&2                      Step right foot to side, step left foot to side, step left foot to side  
3&4                      Cross left over right, step right to the side, cross left over right  
5-6                      Rock right to the side, recover onto left  
7&8                      Cross right over left, step left to the side, cross right over left  
9-16                      Repeat 1-8 leading on left foot moving left

### SIDE SHUFFLE, ¼ TURN SHUFFLE X 3

1&2                      Step right to the side, close left beside right, step right to side  
3&4                      Step left to side making ¼ turn left, close right beside, step left to side  
5&6                      Step right to side making ¼ turn left, close left beside, step right to side  
7&8                      Step left to side making ¼ turn left, step right beside, step left to side

### STEP SLIDE TWICE, HEEL JACKS TWICE

1-2                      Step out long on right, slide left foot behind  
3-4                      Step out long on left, slide right behind  
&5&6                      Step back on left, cross right over left, step back left, touch right heel diagonally right  
&7&8                      Step back on right, cross left over right, step back on right, touch left heel diagonally left

### ROCK, RECOVER, FULL TURN, DOUBLE SPEED VINE

&1-2                      Step back slightly on left, rock forward on right recover on left  
3-4                      Step back on right making ½ turn right, step back on left making ½ turn right  
5&6                      Step right behind left, step left to side, step right in front of left  
&7&8                      Step left to side, cross right behind left, step left to side, touch right toe in front of left

### FORWARD SHUFFLE, FULL TURN, FORWARD SHUFFLE, ½ TURN PIVOT

1&2                      Step forward on right, step left behind, step forward right  
3-4                      Step forward on left make ½ turn right on ball of foot, step forward on right make ½ turn right on ball of right  
5&6                      Step forward on left, close right behind, step forward on left  
7-8                      Step forward right ½ turn pivot left, step out on left

### FORWARD SHUFFLE, FULL TURN, FORWARD SHUFFLE, ½ TURN PIVOT

1&2                      Step forward on right, step left behind, step forward right  
3-4                      Step forward on left make ½ turn right on ball of foot, step forward on right make ½ turn right on ball of right  
5&6                      Step forward on left, close right behind, step forward on left  
7-8                      Step forward right ½ turn pivot left, step out on left

### HEEL JACKS X4

57&58                      Cross right over left, step back left, touch right heel to front  
&59&60                      Step back on right, cross left over right, step back on right, touch left heel to front  
&61&62                      Step back on left, cross right over left, step back on left, touch right heel to front  
&63&64                      Step back on right, cross left over right, step back on right, touch left heel to front

## **PART B**

### **FORWARD SLIDE, HIPS, LEFT SLIDE, HIPS, BACK SLIDE, HIPS, LEFT SLIDE, HIPS**

- 1-2 Step forward right, diagonally to front, slide left behind
- 3&4 Sway hips right, left, right
- 5-6 Step left to left side, slide right beside
- 7&8 Sway hips left, right, left
- 9-10 Step back right diagonally, slide left beside right
- 11&12 Hips right, left, right
- 13-14 Step left to left side close right beside
- 15&16 Sway hips left, right, left

### **FORWARD SHUFFLE, ½ TURN PIVOT, FORWARD SHUFFLE ½ TURN PIVOT**

- 1&2 Step forward right, close left behind, step forward right
- 3-4 Step forward left, ½ turn pivot right step forward on right
- 5&6 Step forward on left, close right behind, step forward left
- 7-8 Step forward right, ½ turn pivot left step forward on left

### **BOX STEP, ¼ TURN BOX STEP**

- 25-28 Cross right over left, step back on left, step right to side making ¼ turn right, step left beside right
- 29-32 Cross right over left, step back on left, step right to side, step left beside right

### **FULL MONTEREY SLOW TURN**

- 33-34 Touch right toe to side, make ½ turn on ball of left foot, stepping right foot beside left
- 35-36 Touch left toe to side, step left beside right
- 37-40 Repeat steps 33-36

### **RIGHT SAILOR STEP, LEFT SAILOR STEP**

- 41&42 Step right behind left, step left to side, step right to side
- 43&44 Step left behind right, step right to side, step left to side

**On end of second Sequence A commence Part B with Section 5 slow Monterey turn then Section 6 sailor steps. Then commence beginning of Part B and dance till end of Section 4 box steps. Now you're ready to commence 3rd Part A.**

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