

# Mary Lou

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Chris Hodgson (UK)  
音樂: Hello Mary Lou - Brødrene Olsen



**1-8 2 X TOE  
STRUTS /  
SIDE- ROCK-  
CROSS / SIDE-  
BEHIND /  
CHASSE 1/2  
TURN**

1& Step Right  
toe forward,  
Drop Right heel  
to floor  
2& Step Left toe  
forward, Drop  
Left heel to  
floor  
3&4 Step Right  
to Right side,  
Rock weight  
onto Left, Cross  
step Right over  
Left  
5-6 Step Left to  
Left side, Cross  
Right behind  
Left  
7&8 Chasse  
Left stepping on  
Left-Right-Left  
making 1/2 turn  
Left

**9-16 & HEEL &  
STEP / TRIPLE  
1/2 TURN  
RIGHT / WALK  
BACK x 2 /  
MAMBO STEP**

&1 Step back  
on Right, Touch  
Left heel  
forward  
&2 Step Left  
next to Right,  
Step forward on  
Right  
3&4 Triple 1/2  
turn Right  
stepping on  
Left-Right-Left

5-6 Step back  
on Right, Step  
back on Left  
7&8 Step back  
on Right, Rock  
weight forward  
onto Left, Step  
Right next to  
Left

**17-24 LOCK  
STEP /  
STEP-1/4-  
CROSS / ROCK  
STEPS / SIDE-  
ROCK-  
CROSS**

1&2 Step  
forward on Left,  
Lock Left  
behind Right,  
Step forward on  
Left

3&4 Step  
forward on  
Right, 1/4 turn  
Left on balls of  
both feet, Cross  
step Right over  
Left

5& Step forward  
on Left, Rock  
weight back  
onto Right  
(slight angle to  
Left on rock  
steps)

6& Step back  
on Left, Rock  
weight forward  
onto Right  
7&8 Step Left to  
Left side, Rock  
weight onto  
Right, Cross  
step Left over  
Right

**25-32 ROCK  
STEPS / SIDE-  
ROCK- CROSS  
/ KICK- BALL-  
CROSS / SIDE-  
TOG- FWD**

1& Step forward  
on Right, Rock  
weight back  
onto Left (slight  
angle to Right  
on rock steps)

2& Step back  
on Right, Rock  
weight forward  
onto Left  
3&4 Step Right  
to Right side,  
Rock weight  
onto Left, Cross  
step Right over  
Left  
5&6 Kick Left  
forward, Step in  
place on Left,  
Cross step  
Right over Left  
7&8 Step Left to  
Left side, Step  
Right next to  
Left, Step  
forward on Left  
*NOTE: On wall  
7 (last wall)  
replace Mambo  
Step (counts  
15&16) with a  
triple half turn*

Right to finish  
facing home  
wall!!!!

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