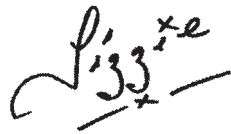




Approved by:



Betty's Buns

4 WALL - 48 COUNTS - IMPROVER

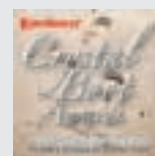
STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 3 & 4 5 - 6 7 & 8	Walk, Walk, Kick Ball Step, Step, Pivot 1/2, Forward Shuffle Walk forward right. Walk forward left. Kick right forward. Step right beside left. Step left forward. Step right forward. Pivot 1/2 turn left. Step right forward. Close left beside right. Step right forward.	Right Left Kick Ball Step Step Pivot Right Shuffle	Forward Turning left Forward
Section 2 1 - 2 3 & 4 5 - 6 7 & 8 Restart	Walk, Walk, Kick Ball Step, Step, Pivot 1/4, Cross Shuffle Walk forward left. Walk forward right. Kick left forward. Step left beside right. Step right forward. Step left forward. Pivot 1/4 turn right. Cross left over right. Step right to right side. Cross left over right. Wall 2: Restart dance again from beginning at this point.	Left Right Kick Ball Step Step Turn Cross Shuffle	Forward Turning right Right
Section 3 1 - 2 3 & 4 5 - 6 7 & 8 &	Side Rock, Cross Shuffle, Rock 1/4 Turn, Syncopated Forward Shuffle Rock right to right side. Recover onto left. Cross right over left. Step left to left side. Cross right over left. Rock left to left side. Recover onto right making 1/4 turn right. Step left forward. Step right beside left. Step left forward. Step right beside left.	Side Rock Cross Shuffle Rock Turn Step & Step &	On the spot Left Turning right Forward
Section 4 1 - 2 3 - 4 5 - 6 7 - 8	Forward Rock, Toe Strut Back x 2, Touch, Unwind Rock forward on left. Recover onto right. Touch left toe behind right. Drop left heel taking weight (travelling back). Touch right toe behind left. Drop right heel taking weight (travelling back). Touch left toe behind right. Unwind 1/2 turn left (weight onto left).	Forward Rock Back Strut Back Strut Behind Unwind	On the spot Back Turning left
Section 5 1 2 & 3 4 5 - 6 7 & 8	Syncopated Grapevine, Back Rock, 1/4 Turn Shuffle Step right to right side. Cross left behind right. Step right to right side. Cross left over right. Step right to right side. Cross rock left behind right. Recover onto right. Make 1/4 turn left and step left forward. Close right beside left. Step left forward.	Side Behind & Cross Side Cross Rock Turn Shuffle	Right On the spot Turning left
Section 6 1 2 & 3 4 5 - 6 7 & 8	Syncopated Jazz Box, Hip Bumps Cross right over left. Step left back. Step right to side. Cross left over right. Step right to right side. Bump hips left. Bump hips right. Bump hips - left, right, left. (Counts 5 - 8: Hold on to your 'buns' for this bit!!)	Cross Back & Cross Side Bump Bump Bump & Bump	Left Right On the spot

Choreographed by: Liz Clarke (Scotland) January 2010

Choreographed to: 'Betty's Buns' by George Canyon from CD What I Do

Choreographer's Note: Choreographed not in Scotland but in Rotorua, New Zealand!

Restart: There is one Restart, during Wall 2



Music track available on the 14th CBA CD 2010. Order your copy online at www.linedancermagazine.com or call 01704 392300