



Heel Jacks Betty

Phrased, 2 wall, intermediate level

Choreographer: John Wilson (N. Ireland) Aug 2004

Choreographed to: Black Betty Celtic Remix taken from Tune 2004 Let's Party Double CD Best of Gran Canaria

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Part A - 64 Counts Part B - 44 Counts Dance Sequence - A, B, A, B, A

N.B. - On 2nd part B, commence with section 5 steps 33 - 44 and commence Part A after counts 32 of part B.

PART A

Section 1 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

Section 2

9 - 16 Repeat Section One leading on Left Foot Moving Left

Section 3 Side Shuffle, 1/4 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 1/4 turn left, close right beside, step left to side.
- 5 & 6 Step right to side making 1/4 turn left, close left beside, step right to side.
- 7 & 8 Step left to side making 1/4 turn left, step right beside, step left to side.

Section 4 Step Slide x 2, Heel Jacks x 2

- 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.

Section 5 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 1/2 turn right, step back on left making 1/2 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

Section 6 Forward shuffle, full turn, forward shuffle, 1/2 turn pivot

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

Section 7

49 - 56 Repeat Section Six

Heel jacks x 4

- 1&2 Cross right over left, step back left, touch right heel to front (right diagonally)
- &3&4 Step back on right, cross left over right, step back on right, touch left heel to front (left diagonally)
- &5&6 Step back on left, cross right over left, step back on left, touch right heel to front (right diagonally)
- &7&8 Step back on right, cross left over right, Step back on right, touch left heel to front (left diagonally)

PART B

Section 1 & 2 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
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11 & 12 hips right, left, right
13 14 Step left to left side close right beside
15 & 16 Sway hips left, right, left

Section 3 Forward shuffle, 1/2 turn pivot, forward shuffle 1/2 turn pivot

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

Section 4 Box step 1/4 turn, box step

1 - 4 Cross right over left, step back on left, step right to side making 1/4 turn right, step left beside right
5 - 8 Cross right over left, step left back, step right to side, step left beside right

Section 5 Full Monterey Slow Turn

1 - 2 Touch right toe to side, make 1/2 turn on ball of left foot stepping right foot next to left.
3 - 4 Touch left toe to side, step left beside right
5 - 6 Touch right toe to side, make 1/2 turn on ball of left foot stepping right foot next to left.
7 - 8 Touch left toe to side, step left beside right

Section 6 Right sailor step, left sailor step

1 & 2 Step right behind left, step left to side, step right to side
3 & 4 Step left behind right, step right to side, step left to side