



Website: www.linedancerweb.com
Email: admin@linedancerweb.com

Hello, Mary Lou

BEGINNER

32 Count

Choreographed by: Jenny Rockett
Choreographed to: Down At The Twist
And Shout by Mary Chapin Carpenter

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- 1 & Rock right across left, return weight to left
2 & Rock right to right, return weight to left
3 & 4 Right step across left, left step 1/4 left, right step forward
5 & Left rock forward, return weight to right
6 & Left rock left, return weight to right
7 & 8 Left coaster step (left step back, right step together, left step forward)
9 - 10 Step forward right, left making a full turn left(to the left)
11 & 12 Right forward mambo step rock forward, return weight to left, right step together)
13 & 14 Left step back, right lock across left, left step back
15 & 16 Right step back, left lock across right, right step back
17 - 18 Left rock back, return weight to right
19 & 20 Left scuff, right scoot, left step forward
21 - 22 Right rock forward, return weight to left
23 & 24 Right shuffle making 1/2 turn right
25 - 26 Step forward left, right making a full turn right
27 & 28 Left forward mambo step(left rock forward, return weight to right, left step together)
29 & 30 Right step back, left lock across right, right step back
31 & 32 Left coaster step (left step back, right step together, left step forward)

REPEAT

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Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute