

## Mary Lou

32 count, 4 wall, intermediate level

Choreographer: Chris Hodgson (UK) April 2004

Choreographed to: Hello Mary Lou by Olsen Brothers,  
CD More Songs (96 bpm)

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8 count intro - start on vocals

**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!!!!

The album More Songs is available to purchase from the following website <http://www.cdon.com>

Other dances choreographed to tracks from this album include:

A Kind Of Hush by Gaye Teather

All My Loving by Karen Hunn

Hey, Hey, Hey by Gary Lafferty