

Betty Lou

48 Count, 4 Wall, Improver

Choreographer: Linda Burgess (Aus) August 2014

Choreographed to: Bitchin' Betty Lou by The Perch Creek Family Jug Band. Album: Jumping on the Highwire. (2.59mins)

Intro: Wait 32 counts of the fast beat.. start with lyrics "Don't". CW rotation

1-8 SIDE, HOLD, BACK, REPLACE, SIDE, REPLACE, BACK, REPLACE

1,2,3,4 Step R to R & take arms out to side, hold, rock/step back L, replace weight to R
5,6,7,8 Rock/step L to L, replace weight to R, rock/step L behind R, replace weight to R

9-16 ¼ STRUT, ½ STRUT, ¼ STRUT, ROCK/ BACK, REPLACE

1,2,3,4 ¼ turn R & step back L ball of foot, lower L heel, ½ turn R & step fwd R on ball of foot, lower R heel,
5,6,7,8 Turn ¼ R & step L to L side on ball of foot, lower L heel, rock/step R behind L, replace weight to L

17-24 SASSY WALKS FWD -R, HOLD, L, HOLD, R,L,R,L

1,2,3,4 Step fwd on R ball of foot (toes turned out), hold, step fwd on L ball of foot (toes turned out), hold
5,6 Step fwd on R ball of foot (toes turned out), step fwd on L ball of foot (toes turned out),
7,8 Step fwd on R ball of foot (toes turned out), step fwd on L ball of foot (toes turned out)

Note: Hands can be out to sides & flickering with the sassy walks or any choice of arms!!

25-32 ¼ STEP, TOUCH, STEP, TOUCH, ¼ STEP, TOUCH, STEP, TOUCH

1,2,3,4 Turn ¼ L & step R to R, touch L beside R & clap, step L to L, touch R beside L & clap
5,6,7,8 Turn ¼ L & step R to R, touch L beside R & clap, step L to L, touch R beside L & clap

33-40 HEEL GRIND ¼, REPLACE, BACK, REPLACE, HEEL GRIND ¼, REPLACE, BACK, REPLACE

1,2,3,4 Touch R heel fwd, grind R heel & turn ¼ R & step L in place, rock/step back R, replace weight to L
5,6,7,8 Touch R heel fwd, grind R heel & turn ¼ R & step L in place, rock/step back R, replace weight to L

41-48 JUMP FWD, HOLD, JUMP BACK, HOLD, JAZZ BOX 1/4R

&1,2 Jump fwd R,L, with knees bent pushing hands out to front, hold,
&3,4 Jump back R,L (knees bent) & slap your hands on your backsides, hold
5,6,7,8 Cross/step R over L, step back L, turn ¼ R & step R to R, step fwd L.

Begin again!!