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## Sweet Mary Lou

32 Count, 2 Wall, Improver

Choreographer: Karen Holtom (UK) Feb 2016

Choreographed to: Hello Mary Lou by Ricky Nelson.

Album: Hits of the 60's (2014)

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**BPM 96**

**No Tags Or Restarts**

**Intro: 16 Counts from strong beat. Start on the vocals.**

**Section 1 R Basic Night Club, L Basic Night Club, Rolling Grapevine R, Cross**

1, 2 & Long step to R, rock back on L, recover forward onto R  
3, 4 & Long step to L, rock back on R, recover forward onto L  
5,6 Step forward R turning  $\frac{1}{4}$  R, (3o'clock) step back on L turning  $\frac{1}{2}$  R (9o'clock)  
7, 8 Step R to R side turning  $\frac{1}{4}$  R, cross L over R (12o'clock)

**Section 2 Side Together Back, Lockstep Back, Coaster Cross, Side Together Forward**

1 & 2, Step R to R side, step L beside R, step back on R  
3 & 4 Step back on L, lock R across L, step back on L  
5 & 6 Step back on R, step left beside R, cross R over L  
7 & 8 Step L to L side, step R beside L, step forward on L

**Section 3 Rock Recover, Shuffle  $\frac{1}{2}$  Turn, Step  $\frac{1}{4}$  Turn, Prissy Walks X 2**

1, 2 Rock forward on R, recover onto L,  
3 & 4 Making  $\frac{1}{2}$  turn R shuffle forward R, L, R  
5, 6 Step forward on L, pivot  $\frac{1}{4}$  turn R  
7, 8 Step L forward crossing L over R, Step R forward crossing R over L

**Section 4 Mambo Forward, Lockstep Back, Sailor  $\frac{1}{4}$  Turn, Kick Ball Change**

1 & 2 Rock forward on L, recover onto R, step back on L  
3 & 4 Step back on R, lock L across R, step back on R  
5 & 6 Making  $\frac{1}{4}$  turn L, step L behind R, step R to R side, step L in place  
7 & 8 Kick R forward, step R in place, step L in place.