

# OH MARY LOU

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**Count:** —                      **Wall:** 2                      **Level:** advanced

**Choreographer:** Lou Ecken

**Music:** Oh Mary Lou by Eddie Mitchell

**Sequence:** A, BB, A, BB, AA

## PART A

### TOE HEEL CROSS TOUCH, STEP PIVOT, HIP THRUSTS

- 1-2            Touch right toe next to left foot, touch right heel next to left foot
- 3-4            Step right across left, touch left out to left side
- 5-6            Step left foot forward, pivot  $\frac{1}{4}$  turn right (weight right foot)
- 7-8            Do two quick pelvic thrusts

### ROCK STEP, COASTER STEP, $\frac{1}{4}$ TURN SLIDE, COASTER TOUCH

- 1-2            Rock forward on left, recover on right
- 3&4            Step back on left, step right next to left, step forward on left
- 5-6            Making a  $\frac{1}{4}$  turn to the left, take a large sliding step on right
- 7&8            Step back on left, step right next to left, touch left next to right

### TOE HEEL CROSS TOUCH, STEP PIVOT, HIP THRUSTS

- 1-2            Touch left toe next to right foot, touch left heel next to right foot
- 3-4            Step left across right, touch right out to right side
- 5-6            Step right foot forward, pivot  $\frac{1}{4}$  turn left (weight left foot)
- 7-8            Do two quick pelvic thrusts

### ROCK STEP, COASTER STEP, $\frac{1}{4}$ TURN SLIDE, COASTER TOUCH

- 1-2            Rock forward on right, recover on left
- 3&4            Step back on right, step left next to right, step forward on right
- 5-6            Making a  $\frac{1}{4}$  turn to the right, take a large sliding step on left
- 7&8            Step back on right, step left next to right, touch right next to left

## PART B

## **RIGHT CROSS ROCK SHUFFLE STEP, CROSS ROCK SHUFFLE STEP**

- 1-2** Step right across left, step left in place
- 3&4** Step right to right side, step left next to right, step right to right side
- 5-6** Step left across right, step left back in place
- 7&8** Step left to left side, step right next to left, step left to left side

## **KICK WALKS, DRAG BACK, STOMP, STOMP**

- 1-4** Kick step forward right, left, right, left
- 5-6** Take a large step back to the right diagonally, drag left to close
- 7-8** Stomp right, stomp left

## **KICK-BALL-CROSS, KICK-BALL-CROSS, SIDE ROCK, SAILOR STEP**

- 1&2** Kick right across left, step right across left, step left to left
- 3&4** Kick right across left, step right across left, step left to left
- 5-6** Step right out to right side, recover weight on left
- 7&8** Step right behind left, step left to left side, step right under body

## **ROCK LEFT, SAILOR TURN, SHIMMY DOWN, SHIMMY UP**

- 1-2** Step left to left side, recover weight on right
- 3&4** Step left behind right, step right in place making  $\frac{1}{4}$  turn left, step in place making  $\frac{1}{4}$  turn left
- 5-6** Shimmy (shake your shoulders) down
- 7-8** Shimmy up (end with weight on left)

## **REPEAT**