

Sweet Mary Lou

LINEDANCE.COM

Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: Karen Holtom , Feb. 2016

Music: "Hello Mary Lou" by Ricky Nelson, Album: Hits of the 60's (2014) BPM: 96

Music available from iTunes or Amazon.co.uk

NO TAGS OR RE-STARTS

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.

Last Update - 22nd March 2016

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=109690