

# Betty Lou

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**Count:** 48

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Linda Burgess - Sydney - August 2014

**Music:** The Perch Creek Family Jug Band - Bitchin' Betty Lou. 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<sup>1</sup>/<sub>4</sub> 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

**5,6,7,8** Step fwd on R ball of foot (toes turned out), step fwd on L ball of foot (toes turned out), 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  $\frac{1}{4}$  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,&3,4** Jump fwd R,L, with knees bent pushing hands out to front, hold, 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  $\frac{1}{4}$  R & step R to R, step fwd L.

**Begin again!!**

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