

HEEL JACKS BETTY

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Count: —

Wall: 2

Level: intermediate

Choreographer: John Wilson

Music: Black Betty (Celtic Remix) by Gran Canaria

Sequence: ABABA

PART A

SIDE SHUFFLE, CROSS SHUFFLE, ROCK, RECOVER, CROSS SHUFFLE

- 1&2** Step right foot to side, step left foot to side, step left foot to side
- 3&4** Cross left over right, step right to the side, cross left over right
- 5-6** Rock right to the side, recover onto left
- 7&8** Cross right over left, step left to the side, cross right over left
- 9-16** Repeat 1-8 leading on left foot moving left

SIDE SHUFFLE, ¼ TURN SHUFFLE X 3

- 1&2** Step right to the side, close left beside right, step right to side
- 3&4** Step left to side making ¼ turn left, close right beside, step left to side
- 5&6** Step right to side making ¼ turn left, close left beside, step right to side
- 7&8** Step left to side making ¼ turn left, step right beside, step left to side

STEP SLIDE TWICE, HEEL JACKS TWICE

- 1-2** Step out long on right, slide left foot behind
- 3-4** Step out long on left, slide right behind
- &5&6** Step back on left, cross right over left, step back left, touch right heel diagonally right
- &7&8** Step back on right, cross left over right, step back on right, touch left heel diagonally left

ROCK, RECOVER, FULL TURN, DOUBLE SPEED VINE

- &1-2** Step back slightly on left, rock forward on right recover on left
- 3-4** Step back on right making ½ turn right, step back on left making ½ turn right
- 5&6** Step right behind left, step left to side, step right in front of left
- &7&8** Step left to side, cross right behind left, step left to side, touch right toe in front of left

FORWARD SHUFFLE, FULL TURN, FORWARD SHUFFLE, ½ TURN PIVOT

- 1&2** Step forward on right, step left behind, step forward right
- 3-4** Step forward on left make ½ turn right on ball of foot, step forward on right make ½ turn right on ball of right
- 5&6** Step forward on left, close right behind, step forward on left
- 7-8** Step forward right ½ turn pivot left, step out on left

FORWARD SHUFFLE, FULL TURN, FORWARD SHUFFLE, ½ TURN PIVOT

- 1&2** Step forward on right, step left behind, step forward right
- 3-4** Step forward on left make ½ turn right on ball of foot, step forward on right make ½ turn right on ball of right
- 5&6** Step forward on left, close right behind, step forward on left
- 7-8** Step forward right ½ turn pivot left, step out on left

HEEL JACKS X4

- 57&58** Cross right over left, step back left, touch right heel to front
- &59&60** Step back on right, cross left over right, step back on right, touch left heel to front
- &61&62** Step back on left, cross right over left, step back on left, touch right heel to front
- &63&64** Step back on right, cross left over right, step back on right, touch left heel to front

PART B

FORWARD SLIDE, HIPS, LEFT SLIDE, HIPS, BACK SLIDE, HIPS, LEFT SLIDE, HIPS

- 1-2** Step forward right, diagonally to front, slide left behind
- 3&4** Sway hips right, left, right
- 5-6** Step left to left side, slide right beside
- 7&8** Sway hips left, right, left
- 9-10** Step back right diagonally, slide left beside right
- 11&12** Hips right, left, right
- 13-14** Step left to left side close right beside
- 15&16** Sway hips left, right, left

FORWARD SHUFFLE, ½ TURN PIVOT, FORWARD SHUFFLE ½ TURN PIVOT

- 1&2** Step forward right, close left behind, step forward right
- 3-4** Step forward left, ½ turn pivot right step forward on right
- 5&6** Step forward on left, close right behind, step forward left
- 7-8** Step forward right, ½ turn pivot left step forward on left

BOX STEP, ¼ TURN BOX STEP

- 25-28** Cross right over left, step back on left, step right to side making ¼ turn right, step left beside right
- 29-32** Cross right over left, step back on left, step right to side, step left beside right

FULL MONTEREY SLOW TURN

- 33-34** Touch right toe to side, make ½ turn on ball of left foot, stepping right foot beside left
- 35-36** Touch left toe to side, step left beside right
- 37-40** Repeat steps 33-36

RIGHT SAILOR STEP, LEFT SAILOR STEP

- 41&42** Step right behind left, step left to side, step right to side
- 43&44** Step left behind right, step right to side, step left to side

On end of second Sequence A commence Part B with Section 5 slow Monterey turn then Section 6 sailor steps. Then commence beginning of Part B and dance till end of Section 4 box steps. Now you're ready to commence 3rd Part A.