

Mary Lou

Count: 32

Wall: 4

Level: Beginner

Choreographer: GoWildWest Isabel (CH) - April 2025

Music: Mary Lou - Rednex



(ISI Beginner Training: Heel Switches & Options)

1 Restart: very good to hear

S 1: Basic R / Basic L (Optional Shuffle)

- 1, 2 RF right, LF close
- 3, 4 RF right, LF touch
- 5, 6 LF left, RF close
- 7, 8 LF left, RF touch

S 2: K-Step

- 1, 2 RF diagonal fwd, LF touch
- 3, 4 LF diagonal back, RF touch
- 5, 6 RF diagonal back, LF touch
- 7, 8 LD diagonal fwd, RF touch

S 3: Heel, Heel, Heel & Heel / Paddle Turn

- 1,2,3 right heel, heel, heel
- + weight on RF
- 4 left heel
- & weight on LF
- 5, 6 RF fwd with turn 1/8 L, weight on LF
- 7, 8 RF fwd with turn 1/8 L, weight on LF

S 4: Jazz Box / V-Step

- 1, 2 RF cross infront, LF step back
- 3, 4 RF close, LF step fwd
- 5, 6 RF step fwd out, LF step fwd out
- 7, 8 RF step back in, LF step back in

Last Update: 23 Apr 2025