

4 Betty Lou

拍數: 48 牆數: 4 級數:
編舞者: Marian Collado (ES), Marta Ramón (ES), Pep Morro (ES) & Javier Rodriguez Gallego (ES) - February 2023
音樂: Betty Lou Broke Outa Jail (feat. Mike Thomas) - The Cadillac Kings



S-1. SHUFFLE L, ROCK STEP, SHUFFLE RIGHT, ROCK STEP

- 1.- Step left to left side
- &.- Step right beside left
- 2.- Step left to left side
- 3.- Rock back on right foot
- 4.- Recover onto left
- 5.- Step right to right side
- &.- Step left beside right
- 6.- Step right to right side
- 7.- Rock back on left foot
- 8.- Recover onto right

S-2. SIDE ROCK, CROSS SHUFFLE, KICKS, TOUCH, KICK

- 1.- Left foot rock to left side
- 2.- Recover onto right
- 3.- Cross left over right
- &.- Step right Slightly to right side
- 4.- Cross left over right
- 5.- Kick right forward
- 6.- Kick right diagonally forward
- 7.- Touch right toe diagonally back
- 8.- Kick right diagonally forward

S-3. SAILOR STEP, SAILOR WITH ¼ TURN, KICK BALL STEP x 2

- 1.- Step right behind left
- &.- Step left to left side
- 2.- Step right slightly to right side
- 3.- Step left behind right
- &.- ¼ Turn left, step right in place (9:00)
- 4.- Step left slightly forward
- 5.- Kick right forward
- &.- Step right beside left
- 6.- Step left forward
- 7.- Kick right forward
- &.- Step right beside left
- 8.- Step left forward

S-4. ROCKING CHAIR, STEP, PIVOT ½ TURN, WALK, WALK

- 1.- Rock forward on right foot
- 2.- Recover onto left
- 3.- Rock back on right foot
- 4.- Recover onto left
- 5.- Step right forward
- 6.- ½ Turn left (3:00)
- 7.- Step right forward

8.- Step left forward

S-5. STEP, TOUCH, BACK SHUFFLE, ROCK BACK, FORWARD SHUFFLE

- 1.- Step right forward
- 2.- Touch left toe behind right
- 3.- Step left back
- &.- Step right beside left
- 4.- Step left back
- 5.- Rock back on right foot
- 6.- Recover onto left
- 7.- Step right forward
- &.- Step left beside right
- 8.- Step right forward

S-6. STEP, PIVOT, FWD SHUFFLE, SHUFFLE WITH ½ TURN, ROCK BACK

- 1.- Step left forward
 - 2.- ½ turn right (9:00)
 - 3.- Step left forward
 - &.- Step right beside left
 - 4.- Step left forward
 - 5.- ¼ turn left, Step right to right side (6:00)
 - &.- ¼ turn left, Step left beside right (3:00)
 - 6.- Step right back
 - 7.- Rock back on left foot
 - 8.- Recover onto right
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