

BETTY LOU BOOGIE

Anita McNab



Choreographed by Anita McNab, May 1/04 www.thenorthrocks.ca

Description: 48 Count, 4 Wall, Beginner/Intermediate Line Dance

Teaching speed: Cotton Eyed Joe - Scatman John (or The Rednex) (count in 32)

Music: Betty Lou's Getting Out Tonight - Bob Seger (Count in 48 to start)

Counts Step Descriptions

RT HEEL FWD, HOME, LT HEEL FWD, HOME, 2 HEEL SPLITS

1-4 Tap RT heel fwd, step home, Tap LT heel fwd, step home (feet together)

5-8 Both heels out to sides, home, both heels out to sides, home.

RT HEEL FWD, HOME, LT HEEL FWD, HOME, 2 HEEL SPLITS

9-12 Tap RT heel fwd, step home, Tap LT heel fwd, step home (feet together)

13-16 Both heels out to sides, home, both heels out to sides, home.

GRAPEVINE RIGHT, TWIST LEFT, RIGHT, LEFT, RIGHT (DO THE TWIST)

17-20 Step side Right, Left behind, side Right, touch Left toe forward on angle

21-24 Do the Twist, heels going Left, Right, Left, Right (weight on Right)

GRAPEVINE LEFT, TWIST RIGHT, LEFT, RIGHT (DO THE TWIST)

25-28 Step side Left, Right behind, side Left, touch Right toe forward on angle

29-32 Do the Twist, going Right, Left, Right, Left (weight on Left)

ANGLE FWD RT, TOUCH LT, FWD LT, TOUCH RT, FWD RT TOUCH LT, FWD LT, TOUCH RT

33-36 Fwd RT on angle, touch LT beside, Fwd LT on angle, touch RT beside

37-40 Fwd RT on angle, touch LT beside, Fwd LT on angle, touch RT beside
(when doing these steps, you knees will point inwards on the touches)

WALK BACK RT, LT, RT, TOUCH LT

41-44 Walk back starting on right, left, right, touch left beside right

GRAPEVINE LEFT (or ROLLING VINE) WITH A ¼ TURN TO LEFT, TOUCH RT BESIDE LT

45-46 Step side Left onto LT, RT behind LT,

47-48 Step 1/4 turn to left, onto LT, touch RT beside LT.

REPEAT