

# Betty Lou

**Song:** Bitchin' Betty Lou (2.59mins)  
**Artist:** The Perch Creek Family Jug Band/Album:-Jumping on the Highwire  
**Choreographer:** Linda Burgess- Sydney- August 2014 - Ph. 0419285389  
**Description:** 48 count - 4 wall- Easy Intermediate. Dance turns clockwise direction  
**Intro:** Wait 32 counts of the fast beat.. start with lyrics "**Don't**"

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Beats	Steps
<b>1-8</b> 1,2,3,4 5,6,7,8	<b>SIDE, HOLD, BACK, REPLACE, SIDE, REPLACE, BACK, REPLACE</b> Step R to R & take arms out to side, hold, rock/step back L, replace weight to R Rock/step L to L, replace weight to R, rock/step L behind R, replace weight to R
<b>9-16</b> 1,2,3,4 5,6,7,8	<b>¼ STRUT, ½ STRUT, ¼ STRUT, ROCK/ BACK, REPLACE</b> ¼ turn R & step back L ball of foot, lower L heel, ½ turn R & step fwd R on ball of foot, lower R heel, turn ¼ R & step L to L side on ball of foot, lower L heel, rock/step R behind L, replace weight to L
<b>17-24</b> 1,2,3,4 5,6,7,8	<b>SASSY WALKS FWD -R, HOLD, L, HOLD, R,L,R,L</b> Step fwd on R ball of foot (toes turned out), hold, step fwd on L ball of foot (toes turned out), hold 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) <b>Note: Hands can be out to sides &amp; flickering with the sassy walks or any choice of arms!!</b>
<b>25-32</b> 1,2,3,4 5,6,7,8	<b>¼ STEP, TOUCH, STEP, TOUCH, ¼ STEP, TOUCH, STEP, TOUCH</b> Turn ¼ L & step R to R, touch L beside R & clap, step L to L, touch R beside L & clap Turn ¼ L & step R to R, touch L beside R & clap, step L to L, touch R beside L & clap
<b>33-40</b> 1,2,3,4 5,6,7,8	<b>HEEL GRIND ¼, REPLACE, BACK, REPLACE, HEEL GRIND ¼, REPLACE, BACK, REPLACE</b> Touch R heel fwd, grind R heel & turn ¼ R & step L in place, rock/step back R, replace weight to L Touch R heel fwd, grind R heel & turn ¼ R & step L in place, rock/step back R, replace weight to L
<b>41-48</b> &1,2,&3,4 5,6,7,8	<b>JUMP FWD, HOLD, JUMP BACK, HOLD, JAZZ BOX 1/4R</b> Jump fwd R,L, with knees bent pushing hands out to front, <b>hold</b> , jump back R,L( knees bent) & slap your hands on your backsides, <b>hold</b> Cross/step R over L, step back L, turn ¼ R & step R to R, step fwd L.

**Begin again!!**