

Mary Lou Swing

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Henrik Grønvold (NOR) and Tom Inge Soenju (NOR), January 2020

Music: "Mary Lou" by Southern Pacific. Track: 2:28, 137 bpm

Music Available on iTunes, Google Play and Amazon etc.

Note: Have fun!

Intro: 20 counts intro

Sequence: Repeating sequence.

Tag/Restart: No tag.1 restart with step change in wall 6 after 16 counts (F03:00). (Change count 15 - 16 to RF B Rock/rec)

End: Dance as normal till music ends then move to front.

SECTION 1: R SHUFFLE, B ROCK/REC, TOUCH IN/OUT, KICK-BALL-CROSS

1 & 2 Step RF to R side, step LF next to RF, Step RF to R side

3 - 4 Rock back on LF, Recover weight onto RF

5 - 6 Touch LF next to RF (Knee/toes inwards toward RF), Touch LF next to RF (Knee/toes outwards to L diag),

7 & 8 Kick LF diagonally L, Step ball of LF next to RF, Cross RF over LF

SECTION 2: L SHUFFLE, B ROCK/REC, KICK FWD/SIDE, COASTER STEP

1 & 2 Step LF to L side, step RF next to LF, Step LF to L side

3 - 4 Rock back on RF, Recover weight onto LF by stepping LF to L side

5 - 6 Kick RF fwd, Kick RF to R side

7 & 8 Step back on RF, Step LF next to RF, Step fwd on RF

Restart here in wall 6 (F03:00). Change count 7 – 8 to Rock back on RF, Recover weight onto LF.

SECTION 3: ROCK/REC, ½ L SHUFFLE TURN, FULL TURN, STEP-¼ PIVOT-CROSS

1 - 2 Rock fwd on LF, Recover weight onto RF

3 & 4 ¼ L turn stepping LF to L side, Step RF next to LF, ¼ L turn stepping fwd on LF (F06:00)

5 - 6 ½ L turn stepping back on RF, ½ L turn stepping fwd on LF

7 & 8 Step fwd on RF, ¼ L turn, Cross RF over LF (F03:00)

SECTION 4: SIDE ROCK/REC, BEHIND-SIDE-FWD, KICK-CROSS-BACK, B ROCK/REC

1 - 2 Rock LF to L side, Recover weight onto RF

3 & 4 Step LF behind RF, Step RF next to LF, Step fwd on LF

5 & 6 Kick RF fwd, Cross RF over LF, Step back onto LF

7 - 8 Rock back on RF, Recover weight onto LF

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

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