

Betty Lou's Boogie

CHOREOGRAPHED BY: Anita McNab

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

MUSIC: Livin' It Up – Delbert McClinton

Betty Lou's Getting Out Tonight – Bob Segar

RIGHT HEEL FORWARD, HOME, LEFT HEEL FORWARD, HOME, 2 HEEL SPLITS

- 1-4 Tap right heel forward, step home, tap left heel forward, step home (feet together)
5-8 Both heels out to the sides, home, both heels out to the side, home

RIGHT HEEL FORWARD, HOME, LEFT HEEL FORWARD, HOME, 2 HEEL SPLITS

- 1-4 Tap right heel forward, step home, tap left heel forward, step home (feet together)
5-8 Both heels out to the sides, home, both heels out to the side, home

GRAPEVINE RIGHT, TWIST LEFT, RIGHT, LEFT, RIGHT

- 1-4 Step side right, left behind, side right, touch left toe forward on angle
5-8 Do the twist: heels going left, right, left, right (weight on right)
(OPTION: After completing count 4, turn your left heel R, L, R, L – like you're putting out a cigarette)

GRAPEVINE LEFT, TWIST RIGHT, LEFT, RIGHT, LEFT

- 1-4 Step side left, right behind, side left, touch right toe forward on angle
5-8 Do the twist, heels going right, left, right, left (weight on left)
(OPTION: After completing count 4, turn your right heel L, R, L, R – like you're putting out a cigarette)

ANGLE FORWARD RIGHT, TOUCH LEFT, FORWARD LEFT, TOUCH RIGHT, FORWARD RIGHT, TOUCH LEFT, FORWARD LEFT, TOUCH RIGHT

- 1-4 Forward right on angle, touch left beside, forward left on angle, touch right beside
5-8 Forward right on angle, touch left beside, forward left on angle, touch right beside
(When doing these steps, your knees will point inwards on the touches.)

WALK BACK RIGHT, LEFT, RIGHT, TOUCH LEFT

- 1-4 Walk back starting on right, left, right, touch left beside right

GRAPEVINE LEFT (OR ROLLING VINE) WITH ¼ TURN TO LEFT. TOUCH RIGHT BESIDE LEFT

- 1-4 Step side left, right behind left, Step ¼ turn to the left with left, touch right beside left

BEGIN AGAIN