

Betty's Dance

Choreographed by **Magali CHABRET** (France) / May, 2009 - www.galichabret.com

Description : Easy intermediate line dance - 32 counts - 4 wall (ECS)

<http://www.youtube.com/watch?v=Mgg2fk-uTVs>

Music : **Betty's Takin' Judo** by Jeff **CARSON** (4.35) - [CD : Greatest Hits of Country Dance]

146 BPM - introduction 64 counts, start on lyrics

1-8 TOE TOUCHES, HOOK BEHIND, SIDE RIGHT, TOUCH, SIDE LEFT, TOUCH IN

- 1-2 Touch Right toe to right side - Touch Right toe forward
3-4 Touch Right toe to right side - Hook Right behind left knee
5-6 Step Right to right side - Touch Left beside right
7-8 Step Left to left side - Touch Right toe beside left, right knee IN

9-16 ¼ TURN LEFT, KICK FORWARD, RIGHT COASTER STEP, BUMP HIPS LEFT-RIGHT-LEFT-RIGHT

- 9-10 1/4 turn Right on ball of left (right knee OUT) - kick Right forward (3:00)
11&12 Step ball of Right back - step ball of Left next to right - step Right forward (coaster step)
13-16 Step Left forward with bump hip to the left - bump hip to the right - bump hip to the left - bump hip to the right

17-24 LEFT TRIPLE FORWARD, STOMP, HOLD, SHUFFLE FORWARD, HEEL GRIND ¼ TURN RIGHT

- 17&18 Step Left forward - step right beside left - step Left forward (L triple fwd)
19-20 Stomp Right forward - hold
21&22 Step Left forward - step right beside left - step Left forward (L triple fwd)
23-24 Heel grind with 1/4 turn Right (6:00)

25-32 ROCK, RECOVER, ¼ TURN LEFT, FULL TURN LEFT, RIGHT FORWARD, LEFT FORWARD

- 25-26 Rock Right back - recover onto Left forward
27-28 Step Right forward - pivot 1/4 turn Left (weight on Left) (3:00)
29-30 1/2 turn Left stepping Right back - 1/2 turn Left stepping Left forward (3:00)
31-32 Step Right forward - step Left forward

RESTART :

If you want, you can add those restarts :

- During the 4th, 9th, 11th & 15th walls, restart the dance at the beginning after the "PIVOT ¼ turn Left" (count 28)
- During the 13th wall, restart the dance at the beginning after count 16 (take weight on left)

Original card of the choreographer - galicountry76@yahoo.fr