

Black Betty

48 count, 2 wall, intermediate level

Choreographer: Crazy Chris Adams (UK), October 2003

Choreographed to: "Black Betty" by The Outrageous Glenn Rogers (110 bpm), CD "Hit The Floor 3", start on vocals

Note: Originally choreographed to same track by Tom Jones, but mix required is no longer available

Section 1 Toe and Heel Switches Travelling Back, Step, Forward Left

- &1 Step left back, touch right toe forward
- &2 Step right back, touch left toe forward
- &3 Step left back, touch right heel forward
- &4 Step right beside left, touch left beside right
- &5-&7 Repeat steps &1- &3 above
- &8 Step right beside left, step forward left

Section 2 Walk, Walk, Step 1/2 Pivot, 1/2 Turn, Sailor Step, Knee Pop, 1/4 Turn, Kick

- 1-2 Step right forward, step left forward
- 3& Step right forward, pivot 1/2 turn left
- 4& Make 1/2 turn left stepping back onto right, sweep left out and around
- 5&6 Cross left behind right, step right to right side, step left in place
- 7 Pop right knee in towards left
- &8 Pop right knee out to right side making 1/4 turn right, kick right forward

Section 3 Coaster Step, Step Kick, & Hitch, Turn, Tap, Tap, Kick Ball Point

- 1&2 Step right back, close left beside right, step right forward
- 3-4 Step left forward, kick right forward
- &5 Hitch right knee, make 1/2 turn right on ball of left
- &6 Tap right slightly forward twice
- 7&8 Kick right forward, step right beside left, point left to left side

Section 4 Kick Ball Point, Kick Ball Point, Cross Rock, Triple 1& 1/4 Turn Left

- 1&2 Kick left forward, step left beside right, point right to right side
- 3&4 Kick right forward, step right beside left, point left to left side
- 5-6 Cross rock left over right, rock back onto right
- 7& Step left 1/4 turn left, make 1/2 turn left stepping back onto right
- 8 Make 1/2 turn left stepping forward onto left

Section 5 Side Touches, Forward Step Touch, Side Touches, Back Step, Side

- 1&2 Touch right to right side, step right beside left, touch left to left side
- &3-4 Step left beside right, step right large step forward, touch left beside right
- 5&6 Touch left to left side, step left beside right, touch right to right side
- &7-8 Step right beside left, step left large step back, step right to right side

Section 6 Cross Rock Side, Cross Rock Side, Cross Unwind Full Turn, Slide Step

- 1&2 Cross rock left over right, rock back onto right, step left to left side
- 3&4 Cross rock right over left, rock back onto left, step right to right side
- 5-6 Cross left over right, unwind full turn right (weight ends on right)
- 7-8 Step left large step to left side, slide right into step beside left

Quelle:

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