Hello Mary Lou Two Step

Choreographer : Hiroshi Sakaguchi, 4-2-4-305 Kugayama, Suginami-ku, Tokyo, 168-0082 Japan
E-mail : Rdhsaka@aol.com
Music : "Hello Mary Lou (Live)" Dancelife "Dancelife's Best, Hay Fever"
: "Hello Mary Lou (Live)" Album "Gold Star Ballroom: Jive" Tk#03
Time@Tempo : 2:47 (Original Tempo 43BPM)
Rhythm & Phase : Two Step, II+2 (Whaletail, Rock the Boat)
Footwork : Opposite (W's footwork in parentheses) Date & Version:
Sequence : INTRO A B A C D A Interlude ENDING May 2012 (Ver.1.1)

INTRO

1-4 WAIT;; CIRC 4 w/ SNAP;;
1-2 Fcg pos M fc WALL no hnds jnd lead ft free for both wait 2 meas;;
3-4 {Circ 4 w/ Snap SSSS} Separating from ptr and moving away in a circular pattern fwd L, snap fingers, fwd R, snap fingers; cont circular pattern twd ptr fwd L, snap fingers, fwd R, - to SCP LOD;

PART A

1-4 (SCP LOD) 2 FWD TWO STPS;; 1 TRNG TWO STP (COH); SD TWO STEP;
1-2 {2 Fwd Two Stps} SCP LOD Fwd L, cl R to L, fwd L, -; fwd R, cl L to R, fwd R, - (CP WALL);
3 {1 Trng Two Stp} Sd L, cl R to L comm RF trn, sd and bk L acrs LOD comp 1/2 RF trn, -;
4 {Sd Two Stp} CP COH sd R, cl L to R, sd R, -;
5-8 (1/2 OP RLOD) DIP BK REC (CP COH); SD TWO STEP; (L 1/2 OP LOD) DIP REC;
(CP COH) SD TWO STEP;
5 {Dip Bk Rec SS} Blnd to 1/2 OP RLOD bk L w/ bend knee, -, rec R, - to CP COH;
6 {Sd Two Stp} Sd L, cl R to L, sd L, -;
7 {Dip Bk Rec SS} Blnd to L 1/2 OP LOD bk R w/ bend knee, -, rec L, - to CP COH;
8 {Sd Two Stp} Sd R, cl L to R, sd R, -;
9-12 (SCP RLOD) 2 FWD TWO STPS;; 1 TRNG TWO STP (WALL); SD TWO STEP;
9-10 {2 Fwd Two Stps} SCP RLOD Fwd L, cl R to L, fwd L, -; fwd R, cl L to R, fwd R, - (CP COH);
11 {1 Trng Two Stp} Sd L, cl R to L comm RF trn, sd and bk L acrs RLOD comp 1/2 RF trn, -;
12 {Sd Two Stp} CP WALL sd R, cl L to R, sd R, -;
13-16 (1/2 OP LOD) DIP BK REC (CP WALL); SD TWO STEP; (L 1/2 OP RLOD) DIP REC;
(CP WALL) SD TCH HOLD;
5 {Dip Bk Rec SS} Blnd to 1/2 OP LOD bk L w/ bend knee, -, rec R, - to CP WAL;
6 {Sd Two Stp} Sd L, cl R to L, sd L, -;
7 {Dip Bk Rec SS} Blnd to L 1/2 OP RLOD bk R w/ bend knee, -, rec L, - to CP WALL;
8 {Sd Tch Hold Q---} Sd R, tch L to R, hold, -;

PART B

1-4 (SCP LOD) 2 FWD TWO STPS w/ PU (CP LOD);; PROG SCISS;;
1-2 {2 Fwd Two Stps} SCP LOD Fwd L, cl R to L, fwd L, -; fwd R, cl L to R, fwd R pu W to CP LOD, -;
3-4 {Prog Sciss} CP LOD Sd L, w/ slght R bdy rotation cl R, XLif, -; sd R, w/ slght L bdy rotation cl L, XRif, -;
5-8 WHLTL;; 2 FWD LK’s; WLK 2;
5-6 {Whaletail QQQQQQQ} In BJO XLib but not tightly, as bdy comm trn RF take a smll stp to sd R comp 1/4 RF bdy trn, fwd L w/ left shldr lding. XRib but not tightly; sd L comm LF bdy trn, cl R comp 1/4 body turn LF, XLib comm RF bdy trn, sd R comp 1/4 bdy trn right;
7 {2 Fwd Lk’s QQQQ} Fwd L, XRib, fwd L, XRib;
8 {Wlk 2 SS} Fwd L, -, R, - (LOD);

9-12 PROG SCISS;; WHLTL;;
Rept action PART B (3-6);;;

13-16 2 FWD LK’s; WLK FC; 2 TRNG TWO STPS;;
13 Rept action PART B (7);
14 {Wlk Fc} Fwd L, -, fwd R trn RF to fc WALL CP, -;
15-16 {2 Trng Two Stps} Sd L, cl R to L comm RF trn, sd and bk L acrs LOD comp 1/2 RF trn, -; sd R, cl L to R comm RF trn, sd and fwd R comp 1/2 RF trn, -;

REPT PART A

1-4 (SCP LOD) 2 FWD TWO STPS;; 1 TRNG TWO STP; SD TWO STEP;
5-8 (1/2 OP RLOD) DIP BK REC; SD TWO STEP; (L 1/2 OP) DIP REC; SD TWO STEP;
9-12 (SCP RLOD) 2 FWD TWO STPS;; 1 TRNG TWO STP; SD TWO STEP;
13-16 (1/2 OP LOD) DIP BK REC; SD TWO STEP; (L 1/2 OP) DIP REC; SD TCH HOLD;

PART C

1-4 (CP WALL) SD TCH SD; (SCP) BK REC SWVL; SWVL,, (SCP) BK REC,,; SD - CL -;
1 {Sd Tch Sd} Sd L, tch R to L, sd R, -;
2-4 {Bk Rec Swvl 2 Bk Rec Sd Cl QQSSQQSS} Blnd to SCP LOD bk L, rec R, fwd L swvl RF, -; fwd R to RLOD swvl LF, -, blnd to SCP LOD bk L, rec R trn RF to CP WALL; sd L, -, cl R to L, -;

5-8 QK VINE 4; SD TCH SD TCH; 2 SD CL’s ; APT - CL -;
5 {Vine 4 QQ} Sd L, XRib, sd L, XRib;
6 {Sd Tch Sd Tch Q-Q-} Sd L, tch R to L, sd R, -;
7 {2 Sd Cl’s QQQQ} Sd L, Cl R to L, sd L, Cl R to L;
8 {Slo Apt Cl SS} Rel hold bk L, -, cl R to L, -;

9-12 SOLO LF TRNG BOX 1/2 ;; 2 SD CL’s; SOLO SD THRU;
9-10 {Solo Trng Box 1/2} Sd L, cl R to L, fwd LF 1/4, -; sd R, cl L to R, bk R trn LF 1/4, - M fc COH W fc WALL no hnds jnd;
11 {2 Sd Cl’s QQQQ} Sd L, Cl R to L, sd L, Cl R to L;
12 {Solo Sd Thru SS} Sd L, -, XRif for bth, -;

13-16 FINI LF TRNG BOX ;; (FC PTR) 2 SD CL’s; SD - THRU -;
13-14 {Fini Trng Box} Sd L, cl R to L, fwd LF 1/4, -; sd R, cl L to R, bk R trn LF 1/4, - M fc WALL W fc COH no hnds jnd;
15 {2 Sd Cl’s QQQQ} Sd L, Cl R to L, sd L, Cl R to L blnd to CP WALL;
16 {Solo Sd Thru SS} Sd L, -, XRif for bth, - end to SCP LOD;
PART D

1-4 (SCP LOD) RK THE BOAT 4S's;; QK VINE 8;;
1  {Slo Rk the Boat SS} Fwd L w/ straight knee leang fwd, -, w/ rkg motion and relaxed knees cl R leang bwd, -;
2  {Slo Rk the Boat SS} Rept action PART D (1);
3-4 {Vine 8 QQQQQQQQ} Sd L, XRib, sd L, XRif; sd L, XRib, sd L, XRif;

5-8 SD CL SD CKG; ROLL TO RLOD (BFLY); SD CL SD CKG; ROLL TO RLOD;
5  {Sd Cl Sd Ckg} Sd L, cl R to L, sd L ckng, -;
6  {Roll to RLOD} Roll RF twd RLOD R, L, R, - end to BFLY;
7-8 Rept action PART D (5-6);

9-12 BK APT 3; BK APT 3; CLAP YOUR HNDS 4X;;
9-10 {Bk Apt 3 2X} Apt from ptr bk L, R, L, -; cont bk apt R, L, R, -;
11 {Clap Your Hnds SS} Shft wgt to L, clap your hnds, shft wgt to R, clap your hnds;
12 {Clap Your Hnds SS} Rept action PART D (11);

13-16 SKATE L & R 4S's;; STRUT TOG 2 ; RUN TOG 3 & STOMP ;
13  {Skate SS} Swvl LF slghtly on R and fwd L swvl RF on L, -, fwd R swvl LF, -; [No prog twd ptr]
14  {Skate SS} Rept action PART D (13) end to fc ptr;
15  {Strut Tog 2 SS} Strut fwd L twd ptr, -, fwd R, -;
16  {Run Tog 3 & Stomp QQQQ} Fwd L, R, L, stomp R in place end to SCP LOD for PART A;

REPT PART A

1-4 (SCP LOD) 2 FWD TWO STPS;; 1 TRNG TWO STP; SD TWO STEP;
5-8 (1/2 OP RLOD) DIP BK REC; SD TWO STEP; (L 1/2 OP) DIP REC; SD TWO STEP;
9-12 (SCP RLOD) 2 FWD TWO STPS;; 1 TRNG TWO STP; SD TWO STEP;
13-16 (1/2 OP LOD) DIP BK REC; SD TWO STEP; (L 1/2 OP) DIP REC; SD TCH HOLD;

INTERLUDE

1-4 (1/2 OP LOD) DIP BK REC (CP WALL); SD TWO STEP ; (L 1/2 OP RLOD) DIP REC;
(CP WALL) SD TCH HOLD;
Rept action PART A (13-16);;;;

ENDING

1-4 (SCP LOD) 2 FWD TWO STPS;; 2 TRNG TWO STPS;;
1-4 Rept action PART A (1-2);; Rept action PART B (15-16);;

5-8 CIRC AWAY 2 FWD TWO STPS;; STRUT TOG 2; RUN TOG 3 & LUNGE SD;
5-6 {Circ Awy 2 Fwd Two's} Mvng away from ptr in a circ fwd L, cl R, fwd L, -; cont fwd R, cl L, fwd R, -;
7  {Strut Tog 2 SS} Trn LF to fc ptr strut fwd L, -, fwd R, -;
8  {Run Tog 3 and Lunge Sd QQQQ} Fwd L, R, L, sd R w/ bend knee ld hnd on hip trl hnd Xtd to sd twd RLOD palm up;