



*Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music*

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

Website: www.countryplus.org
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Mary Lou

Choreographed by John & Freida Utzig
32 count, 2 wall, beginner dance
Music: Hello Mary Lou by Ricky Nelson
Start on lyrics

KICK BALL CHANGE, WALK, WALK, KICK BALL CHANGE, WALK, WALK

1&2, 3-4 Right kick ball change, walk forward right, walk forward left
5&6, 7-8 Right kick ball change, walk forward right, walk forward left

CROSS, RECOVER, SIDE SHUFFLE, CROSS,

1-2-3&4 Cross right over, recover left, side shuffle right, left, right
5-6-7&8 Cross left over, recover right, side shuffle left, right, left

ROCK, RECOVER, SHUFFLE $\frac{1}{2}$, ROCK, RECOVER, SHUFFLE $\frac{1}{4}$

1-2-3&4 Rock forward right, recover left, turn $\frac{1}{2}$ right, shuffle forward right, left, right {6:00}
5-6-7&8 Rock forward left, recover right, turn $\frac{1}{4}$ left, shuffle forward left, right, left {3:00}

PIVOT $\frac{1}{4}$ LEFT THREE TIMES, STOMP RIGHT, STOMP LEFT

1-2 Step forward right, pivot $\frac{1}{4}$ left {12:00}
3-4 Step forward right, pivot $\frac{1}{4}$ left {9:00}
5-6 Step forward right, pivot $\frac{1}{4}$ left {6:00}
7-8 Stomp right in place, stomp left in place

Repeat