



## MARY LOU

**Music:** by Rednex, CD Sex and Violins **Level:** Intermediate  
**Choreo:** Beverly Ferguson and Cindy Frost  
**Taught by:** Tina Kipp, Kürenweg 1, 26721 Emden, Tel.Fax +4921 44433, Email: [TinaKipp@t-online.de](mailto:TinaKipp@t-online.de)  
**Taught on:** ECTA Clog Convention 2003  
**Sequence:** **A B C A B C BREAK A BRIDGE B A B Ending**  
**INTRO:** Wait after they say "Mary Lou, Mary Lou, Just can't go on living without you" Twice  
- then clap hand 4 times and run 4 steps right circle

### **Part A** (32 beats)

Mary Lou Jump DR UP/SL DS RS  
BOTH R L R LR  
&1 & 2 &3 &4

Twist Step DT TWIST TWIST TWIST TWIST TWIST/UP  
L BOTH BOTH BOTH BOTH L R  
& 1 2 3 & 4

Rocking Chair DS BR UP/H DS RS **turn ½ right**  
R L R L L RL  
&1 & 2 &3 &4

Triple DS DS DS RS **clap hand on RS**  
R L R LR  
&1 &2 &3 &4

**repeat all to face front**

### **Part B** (32 beats)

2 Hillbilly Joey DS S(xif) S S(xib) S S(xif) S STAMP STAMP KICK KICK **left and right**  
L R L R L R L R R R R  
&1 & 2 & 3 & 4 5 6 7 8

2 Cowboy turn DS DS DS BR UP/H DS RS RS RS **turn ½ left on the last RS**  
L R L R R L R LR LR LR  
&1 &2 &3 & 4 &5 &6 &7 &8

### **Part C** (48 beats)

2 Sugarfoot DS BR UP/H TOE H R S H(f)UP H(f) UP TOE H RS **¼ turn right**  
L R R L R R L R L L L L L RL **on the H UP H UP**  
&1 & 2 & 3 & 4 & 5 & 6 & 7 &8

Double Pulls DS(xif) PULL DS(xif) PULL  
L R R L  
&1 &2 &3 &4

Double Breaks DT BREAK BREAK BREAK BREAK  
L BOTH BOTH BOTH BOTH  
& 1 2 3 4

**repeat all**

### **Break** (16 beats)

2 Shoes STOMP(f) TOE UP(xib) STOMP(f) TOE UP KICK KICK RS S  
L R R R L L L L LR L  
1 & 2 3 & 4 5 6 7& 8

### **Bridge** (28 beats)

Scuff HOP SCUFF(xif) HOP HOP SCUFF(xif) HOP HOP BRUSH UP/H HOP BRUSH UP/H  
L R L R L L L R R L R L L R  
&1 & 2 &3 & 4 &5 & 6 &7 & 8

Pivot 4 S(f) S(turn ½ right) S(f) S(turn ½ right)  
L R L R  
1 2 3 4

Scuff HOP SCUFF(xif) HOP HOP SCUFF(xif) HOP HOP BRUSH UP/H HOP BRUSH UP/H  
L R L R L L L R R L R L L R  
&1 & 2 &3 & 4 &5 & 6 &7 & 8

### 2 Slow Walz

S(f) S(close) S(b) S(b) S S(f) S(close) S(b) S(b) S  
1 2 3 & 4 5 6 7 & 8

### **Ending** (16 beats)

2 Slow Walz S(f) S(close) S(b) S(b) S S(f) S(close) S(b) S(b) S  
1 2 3 & 4 5 6 7 & 8