

Betty's Judo Lesson

CHOREOGRAPHER: Jim & Martie Ferrazzano (1997)
DESCRIPTION: A Four Wall Line Dance that faces a new wall to the Right (Clockwise) each time you begin.
COUNTS/STEPS: 48 Counts, 66 Steps/Movements
MUSIC SUGGESTION: "Betty's Taking Judo" by Jeff Carson.
COMPETITION APPROVED: No.
PREPARED BY: Bud Cranford, January 2011. Tele/Fax 478-988-4418
E-mail: cnfdcwby@yahoo.com www.tush-push.com

I Heel and Toe and Heel and Heel

1. Touch **RIGHT** heel forward. (1/2 beat)
- &. Step **RIGHT** foot beside the Left. (1/2 beat)
2. Touch **LEFT**. Toe to the Left side. (1/2 beat)
- &. Step **LEFT** foot beside the Right. (1/2 beat)
3. Touch **RIGHT** heel forward. (1/2 beat)
- &. Step **RIGHT** foot beside the Left. (1/2 beat)
4. Touch **LEFT**. Heel forward. (1/2 beat)

II And Heel and Toe and Heel and Stomp

- &. Step **LEFT** Foot beside the Right. (1/2 beat)
5. Touch **RIGHT** heel forward. (1/2 beat)
- &. Step **RIGHT** foot beside the Left. (1/2 beat)
6. Touch **LEFT**. Toe to the Left side. (1/2 beat)
- &. Step **LEFT** foot beside the Right. (1/2 beat)
7. Touch **RIGHT** heel forward. (1/2 beat)
8. Stomp **RIGHT** foot beside the Left.

III Toe-Sweep Turn ½ Right.

9. Touch/Point the **RIGHT** Toe forward.
10. Sweep the **RIGHT** toe to the Right in a circular motion, beginning ½ pivot to the Right on the Left ball of foot.
11. Continue the **RIGHT** toe sweep, completing ½ turn Right. (**facing 6:00**)
12. Touch the **RIGHT** toe beside the left.

IV Forward, Step, Slide (Shoulder Shimmy)

13. Step **RIGHT** foot Forward.
14. Slide/Drag the **LEFT** foot forward, toward the Right foot. Shimmy Shoulders. (Continued into next step)
15. Continue to Slide/Drag the **LEFT** foot forward. Continue Shoulder Shimmy. (Continued into next step)
16. Touch **LEFT** toe beside the right instep.

V Back, Step, Slide (Shoulder Shimmy)

17. Step **LEFT** foot back.
18. Slide/Drag the **RIGHT** foot back, toward the Left foot. Shimmy Shoulders. (Continued into next step)
19. Continue to Slide/Drag the **RIGHT** foot back. Continue Shoulder Shimmy. (Continued into next step)
20. Touch **RIGHT** toe beside the Left instep

VI Knee Pops

21. Lower the Right Heel as you raise the **LEFT** heel, popping the Left knee forward.
22. Lower the Left Heel as you raise the **RIGHT** heel, popping the Right knee forward
23. Lower the Right Heel as you raise the **LEFT** heel, popping the Left knee forward.
24. Lower the Left Heel as you raise the **RIGHT** heel, popping the Right knee forward

VII Heel and Toe and Heel and Heel

25. Touch **RIGHT** heel forward. (1/2 beat)
- &. Step **RIGHT** foot beside the Left. (1/2 beat)
26. Touch **LEFT**. Toe to the Left side. (1/2 beat)
- &. Step **LEFT** foot beside the Right. (1/2 beat)
27. Touch **RIGHT** heel forward. (1/2 beat)
- &. Step **RIGHT** foot beside the Left. (1/2 beat)
28. Touch **LEFT**. Heel forward. (1/2 beat)

Betty's Judo Lesson

VIII

And Heel and Toe and Heel and Stomp

- &. Step **LEFT** Foot beside the Right. (1/2 beat)
- 29. Touch **RIGHT** heel forward. (1/2 beat)
- &. Step **RIGHT** foot beside the Left. (1/2 beat)
- 30. Touch **LEFT**. Toe to the Left side. (1/2 beat)
- &. Step **LEFT** foot beside the Right. (1/2 beat)
- 31. Touch **RIGHT** heel forward. (1/2 beat)
- 32. Stomp **RIGHT** foot beside the Left.

IX

Toe-Sweep Turn ½ Right.

- 33. Touch/Point the **RIGHT** Toe forward.
- 34. Sweep the **RIGHT** toe to the Right in a circular motion, beginning ½ pivot to the Right on the Left ball of foot.
- 35. Continue the **RIGHT** toe sweep, completing ½ turn Right. (**facing 12:00**)
- 36. Touch the **RIGHT** toe beside the left.

X

Long Side Right, Drag, Pelvic Thrusts

- 37. Step **RIGHT** foot to the right side (long step), bending the knees slightly as you Push/Bump hips forward. (1/2 beat)
- &. Begin dragging the **LEFT** foot to beside the Right. Draw the hips back slightly. (1/2 beat)
- 38. Push/Bump the hips **Forward** again as you continue dragging the **LEFT** foot.
- &. Continue dragging the **LEFT** foot to beside the Right. Draw the hips back slightly. (1/2 beat)
- 39. Continue dragging the **LEFT** foot toward the right foot as you Push/Bump hips forward. (1/2 beat)
- &. Draw the hips back slightly. (1/2 beat)
- 40. Touch **LEFT** Toe beside the right instep as you Push/Bump the hips Forward again.

XI

Long Side Left, Drag, Pelvic Thrusts

- 41. Step **LEFT** foot to the left side (long step), bending the knees slightly as you Push/Bump hips forward. (1/2 beat)
- &. Begin dragging the **RIGHT** foot to beside the Left. Draw the hips back slightly. (1/2 beat)
- 42. Push/Bump the hips **Forward** again as you continue dragging the **RIGHT** foot.
- &. Continue dragging the **RIGHT** foot to beside the Left. Draw the hips back slightly. (1/2 beat)
- 43. Continue dragging the **RIGHT** foot toward the left foot as you Push/Bump hips forward. (1/2 beat)
- &. Draw the hips back slightly. (1/2 beat)
- 44. Touch **RIGHT** Toe beside the Left instep as you Push/Bump the hips Forward again.

XII

Step, Hook, ¼ Turn Right, Step Back

- 45. Step **RIGHT** Foot forward.
- 46. Step **LEFT** foot forward, locking ankles behind the Right ankle.
- 47. Step **RIGHT** foot into a ¼ turn Right. End with feet parallel by pivoting on the Left ball of foot.. (Facing 3:00)
- 48. Step **LEFT** foot slightly back.

BEGIN AGAIN

*** NOTE: Your new starting wall is now 12:00**