

**Count:** 32                      **Wall:** 2                      **Level:** —

**Choreographer:** Larry & Altie Majors

**Music:** Betty's Takin' Judo by Jeff Carson

**This dance requires a lot of arm movements and loud vocals to make it more fun.**

## STEP-KICKS

- 1-2            Step forward on right foot then kick left foot forward, making a loud "ugh" sound.
- 3-4            Step back on left foot, touch right foot beside left, with weight still on left.
- 5-6            Repeat steps 1- 2
- 7-8            Repeat steps 3-4 except leave weight evenly distributed on last count.

## JUDO GLIDE'S

### Weight on left toes-right heel

- 9              Swivel right toes to right-left heel to right (feet are in a V position with toes pointed out, you will be traveling to the right.)

### Weight on right toes-left heel

- 10            Swivel left toes to right-right heel to right (feet are in a V position with toes pointed in)
- 11            Repeat step 9
- 12            Repeat step 10

### Weight on right toes-left heel

- 13            Swivel left toes to left-right heel to left (feet are in a V position with toes pointed out)

### You will be traveling to the left

### Weight on left toes-right heel

- 14            Swivel left heel to left-right toes to left (feet are in a V position with toes pointed in)
- 15            Repeat step 13
- 16            Swivel Left heel to center-Right toes to center

**The starting position is weight on left foot. Try moving hands and arms as if doing judo during the judo slides.**

## **WALK BACK- RIGHT, LEFT, TURN, KICK**

- 17 Step back on right foot.
- 18 Step back on left foot.
- 19 Step back on right while making a ½ turn to right
- 20 Kick left foot forward (use caution, not to kick person behind you)

## **WALK BACK- LEFT, RIGHT, TURN, KICK**

- 21 Step back on left foot.
- 22 Step back on right foot.
- 23 Step back on left while making a ½ turn to left
- 24 Kick right foot forward (use caution, not to kick person behind you)
  
- 25 Stomp right foot down
- 26 Stomp left foot
- 27 Hop, spreading feet apart (like a jumping jack)
- 28 Hop, crossing right foot in front of left foot
  
- 29 Turn (unwind) to left
- 30 Clap hands together
- 31 Thrust right fist forward (palm down), while pulling left fist (palm up) to your side
- 32 Thrust left fist forward (palm down), while pulling right fist (palm up) to your side

## **REPEAT**