BOPALENA

Level: Intermediate Plus **Genre:** Rockabilly
Artist: K.D. Lang
Choreo: Barbara Guenette
Speed: Normal **Length: 2:30**
Sequence: A B A B A C B A
Wait: 4 beats **R foot** lead.

ACA 04 Nov 2020
Amended 15 Dec 2020

Quick Cues

Part A (25 beats)
9 Triple MJ Twist **(R ft)**
4 MJ Slur
4 Joey **(R ft)**
4 Catawba
4 Lori Creep

Part B (24 beats)
8 Dragger Basic
8 Easy Mr Haney **(R ft)**
4 Mountain Goat
4 Quick Slip

Part A (25 beats)
9 Triple MJ Twist **(R ft)**
4 MJ Slur
4 Joey **(R ft)**
4 Catawba
4 Lori Creep

Part B (24 beats)
8 Dragger Basic
8 Easy Mr Haney **(R ft)**
4 Mountain Goat
4 Quick Slip

Part A (25 beats)
9 Triple MJ Twist **(R ft)**
4 MJ Slur
4 Joey **(R ft)**
4 Catawba
4 Lori Creep

Quick Cues

Part C (48 beats)
8 Easy Drigger Drag
4 Double Step Toe Gallop
4 Half Appalachian
8 My Way **(1/2 R)**
4 Double Step Toe Gallop
4 Half Appalachian
8 My Way **(1/2 R)**
4 Kentucky Get It
4 Lori Creep

Part B (24 beats)
8 Dragger Basic
8 Easy Mr Haney **(R ft)**
4 Mountain Goat
4 Quick Slip

Part A (25 beats)
9 Triple MJ Twist **(R ft)**
4 MJ Slur
4 Joey **(R ft)**
4 Catawba
4 Lori Creep

Step Definitions – BOPALENA

TRIPLE MJ TWIST:

DS	DS	DS(XIB)	R	S(OTS)	(P)	S(BK)	RS	DS	DT	[BA/BA](H'S L)	[BA/BA](H'S R)	LIFT/SL
R	L	R	L	R		L	RL	R	L	L /R	L /R	L /R
&1	&2	&3	&	4	&	5	&6	&7	&	8	&	9

MJ SLUR:

DS	DS(XIB)	R	S(OTS)	SLR-S(XIB)	
L	R	L	R	L	L
&1	&2	&	3	&	4

JOEY:

DS	BA(XIB)	BA(OTS)	BA(OTS)	BA(XIB)	BA(BS)	S
R	L	R	L	R	L	R
&1	&	2	&	3	&	4

CATAWBA:

DT-BA/HD	BO/HD	HD/BA	HD/BO	BA/HD	HD/BA	LIFT/SL	
L	L/R	L/R	L/R	L/R	L/R	L	/R
&	1	&	2	&	3	&	4

LORI CREEP:

DS	DT(BK)	H	R	H-FL		S
L	R	L	R	L	L	R
&1	&	2	&	3	&	4

DOUBLE STEP TOE GALLOP:

DS	BA	T-BA		BA	T-BA-		HD/BA	LIFT/SL	
L	R	L	L	R	L	L	L /R	L	/R
&1	&	a	2	&	a	3	&		4

DRAGGER BASIC:

DS	DS(XIB)	R	(OTS)	S(XIF)	DR	R(OTS)	S(XIF)	DR	R(OTS)	S(XIF)	DS	RS	
L	R	L		R	R	L	R	R	L	R	L	RL	
&1	&2	&		3	&	4	&	5	&	6	&7	&8	

EASY MR HANEY:

(P)	STO	DS(XIF)	BA(OTS)	BA(XIB)	BA(OTS)	BA(XIF)	H(WGT)	H(WGT)	RS	DS	RS
	R	L	R	L	R	L	R	L	RL	R	LR
&	1	&2	&	3	&	4	&	5	&6	&7	&8

MOUNTAIN GOAT:

DS	BA(XIF)	BA(OTS)	BA(OTS)	BA(XIF)	BA(XIB)	SL
L	R	L	R	L	R	R
&1	&	2	&	3	&	4

QUICK SLIP:

DT-BA/HD	BO/TCH(XIF)	BO/HD	HD/BA	BA/HD	BO/HD	SL/LIFT	
L	L /R	L / R	L /R	L /R	L /R	L / R	
&	1	&	2	&	3	&	4

EASY DRIGGER DRAG:

DT-S(FWD)/FLA			(P)	S(BK)	R-FLA/S(FWD)			(P)	S(BK)	RS	BR	H	DS	RS
L	L	/ R		R	L	L /R			L	RL	R	L	R	LR
&		1	&	2	&	3		&	4	&5	&	6	&7	&8

HALF APPALACHIAN:

DS-DR		S	S-DR		S	S
L	L	R	L	L	R	L
&1	&	2	&	3	&	4

MY WAY: (In this dance 1/2 R on beats &7&)

(P)	STO	DS(XIF)	BA(XIB)	BA(OTS)	BA(XIF)	BA/HD	(P)	SL/LIFT	DS	RS	SLR(REV)	LIFT/SL	
	R	L	R	L	R	L /R		L / R	R	LR	L	L	/R
&	1	&2	&	3	&	4	&	5	&6	&7	&		8

KENTUCKY GET IT: (In this dance CrDn is a TnDn)

K(XIF)/DR		BA(XIF)	T-BA		H-BA(XIF)			T-BA		H-S(XIF)		CrDn
L		/R	L	R	R	L	L	R	R	L	L	R
		&	1	e	&	a	2	e	&	a	3	e&a4