

# 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.



Amended 15 Dec 2020

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## 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

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## 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 - BOPAENA

### 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 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