

Bell Bottoms Up

Count: 48

Wall: 2

Level: Improver

Choreographer: Deb Wookey (AUS) - April 2025

Music: Bell Bottoms Up - Lainey Wilson



Intro – 32 counts (weight on left foot)

Section 1 - Turning Box: 4 x step touch with ¼ turns L (or K Step for non turners)

1,2,3,4 ¼ L, Step R Tap L next to R, ¼ L, step L, Tap R next to L
5,6,7,8 ¼ L, Step R Tap L next to R, ¼ L, step L, Tap R next to L

Section 2 - Rock recover, ½ turn shuffle, ½ pivot, fwd shuffle

9,10,11,12 Step R Fwd, Rock Back Onto L, Turn 180° R Shuffle Fwd Step : R-L-R
13,14,15,16 Pivot : Step L Fwd, Turn 180° R Take Weight Onto R, Shuffle Fwd: L-R-L

Section 3 - ¼ turn L, Side rock, back rock, side rock, back rock

17,18,19,20 Turn 90° L, Step R to Side, Recover weight onto L, Step R Back, Recover weight onto L
21,22,23,24 Step R to Side, Recover weight onto L, Step R Back, Recover weight onto L

Section 4 - Shuffling rumba back

25,26,27&28 Step R to R side. Close L beside R, Shuffle Back: R-L-R
29,30,31,32 Step L to L side. Close R beside L, Shuffle Fwd: L-R-L.

Section 5 - Kick Ball Step, ¼ L Kick Ball Step, Out, Out, Coaster Step

33&34,35,36 Kick R Forward, Step R Together, Step L Forward, Turn 90° L, Kick R Forward, Step R
Together, Step L Forward
37,38,39,40 Step R Fwd 45°, Step L Fwd 45°, Coaster : Step R Back, Step L Together, Step R Forward

Section 6 - Walk Fwd L,R,L, Kick, Syncopated V Step x 2

41,42,43,44 Step L Fwd, Step R Fwd, Step L Fwd, Kick R Fwd.
&45&46 Step R to right (&); Step L to left (45); Step R to centre (&); Step L beside R (46)
&47&48 Step R to right (&); Step L to left (47); Step R to centre (&); Step L beside R (48)

Tag 1 – Wall 1 (4 Count)

Side Tap, Side Tap

1,2,3,4 Step R to R Side, Tap L beside R, Step L to L Side, Tap R beside L

Tag 2 – Wall 2 (12 Count)

Side Tap, Side Tap, 4 x ¼ L Paddles

1,2,3,4 Step R to R Side, Tap L beside R, Step L to L Side, Tap R beside L
5,6,7,8 Step R foot forward, Pivot turn ¼ L, Step R foot forward, Pivot turn ¼ L
9,10,11,12 Step R foot forward, Pivot turn ¼ L, Step R foot forward, Pivot turn ¼ L

Restart 1 – Wall 5 (Step Change)

Dance up to count 43 & add a Tap for count 44. Then restart from count 1.

Restart – Wall 6

Dance up to count 36, then restart from count 1.

Ending – Wall 7

Dance up to count 48, then finish with:-

Step R Fwd 45° and hold, Step L Fwd 45° with hands out to sides.

Enjoy

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