

Throwback, Throwdown

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Jo Allsop (CYP) & Amber-Rose Hocking (UK) - April 2025

Music: Bell Bottoms Up - Lainey Wilson



#32 count intro (start on lyrics)

(1-8) Side step Right, Heel Swivel R, L. Side step Left, Heel Swivel L, R.

- 1, 2 Step R foot to R, Step Left next to R
- 3, 4 Heel Swivel to the Right, then to the Left (back to centre)
- 5, 6 Step L foot to L, Step Right next to L
- 7, 8 Heel Swivel to the Left, then to the Right (back to centre)

(9-16) Toe strut x2, 1/8 paddle turn x2(will make ¼ turn left)

- 1, 2 Right Foot forward place toe down then heel
- 3, 4 Left Foot forward place toe down then heel
- 5, 6 Push off R foot to do 1/8 pivot left
- 7, 8 Push off R foot to do 1/8 pivot left

(17-24) Step kick back touch x2

- 1, 2 Step forward on Right foot, Kick Left forward
- 3, 4 Step Back Left, touch Right next to Left
- 5, 6 Step forward on Right foot, Kick Left forward
- 7, 8 4 Step Back Left, touch Right next to Left

(25-32) Grapevines Right then left (Or rolling vine variation)

- 1,2,3,4 R steps out to R, L steps behind, R steps out to R, L touches next to R
- 5,6,7,8 L steps out to L, R steps behind, L steps out to L, R touches next to L

Start over!

No Tags or Restarts as we wanted to keep this one a true Ab dance

Most importantly have fun!

If you do dance our dance we would love to see it so please tag

@lineupgetdancingcy

@lineupgetdancinguk