

Bell Bottoms Up EZ

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Cathy Snow (USA) - April 2025
音乐: Bell Bottoms Up - Lainey Wilson



Restart: First time on 9:00 wall dance steps 1-16 then restart dance

[1-8] RIGHT SUGAR FOOT; TRIPLE STEP; LEFT SUGAR FOOT, TRIPLE STEP

1-2 Point R toe to left instep, R heel to L instep
3&4 Triple-step in place R, L, R
5-6 Point L toe to R instep, L heel to R instep
7&8 Triple-step in place L, R, L

[9-16] SHUFFLE FORWARD, ROCK, RECOVER; SHUFFLE BACK; ROCK; RECOVER

1&2 Shuffle forward stepping right, left, right
3-4 Rock left forward; recover right
5&6 Shuffle backward stepping left, right, left
7-8 Rock back on right; recover on left

[17-24] LINDY R, LINDY L

1&2 Step R to R side, Step L next to R, Step R to R side
3-4 Step L behind R, Recover weight on R
5&6 Step L to L side, Step R next to L, Step L to L side
7-8 Step R behind L, Recover weight on L

[25-32] STEP FORWARD & BACK WITH TOUCHES, ¼ TURN RIGHT; SIDE STEPS WITH TOUCHES

1-2 Step R forward diagonally, Touch L beside R
3-4 Step L back diagonally; Touch right beside L
5-6 Turn ¼ to R, stepping R to side Touch L beside R
7-8 Step L to L side, Touch R beside L

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