Bottoms Up



拍数: 48 墙数: 4 级数: Easy Intermediate

编舞者: Karl-Harry Winson (UK) - May 2025 音乐: Bell Bottoms Up - Lainey Wilson



Intro: 32 Counts (20 Seconds) Start on Vocals.

For a Beginner Level Split floor, please check out Bottoms Up! by Noreen Wall

Right Syncopated Vine. Point X3. Right Cross Shuffle.

1 – 2 Step Right to Right side. Cross Left behind Right	Left behind Right.
---	--------------------

&3,4 Step Right to Right side. Cross Left over Right. Point Right toe out to Right side.

5 – 6 Point Right toe forward. Point Right toe out to Right side.

7&8 Cross Right over Left. Step Left to Left side. Cross Right over Left. (12.00)

Left Syncopated Vine. 1/4 Turn Left. Pivot 1/4 Turn Left X2.

1 – 2	Step Left to Left side. Cross Right behind Left.

&3,4 Step Left to Left side. Cross step Right over Left. Turn 1/4 Left stepping forward on Left.

(9.00)

5 – 8 Step Right forward. Pivot 1/4 Turn Left (6.00). Step Right forward. Pivot 1/4 Turn Left (3.00).

Walk Forward X2. Right Kick Ball-Step. Forward Rock. Right Shuffle Back.

1 – 2	Walk forward on Right, Walk forward on Left.
1 – 2	Waik folward off fluiff. Waik folward off Left.

3&4 Kick Right forward. Step Right beside Left. Step forward on Left.

5 – 6 Rock forward on Right. Recover weight on Left.

7&8 Step Right back. Close Left beside Right. Step back on Right. (3.00).

Back Rock. Shuffle 1/2 Turn Right. Side Touches X2.

1 – 2	Rock back on Left. Recover weight forward on Right.
3&4	Shuffle 1/2 turn Right stepping: Left, Right, Left. (9.00)

5 – 8 Step Right to Right side. Touch Left beside Right. Step Left to Left side. Touch Right beside

Left.

*Restart Here on Wall 6 facing 6 o'clock

Right Kick Ball-Cross. Side. Drag. Left Kick Ball-Cross. Side. Behind.

1&2	Kick Right to Right diagonal. Step Right beside Left. Cross step Left over Right.

3 – 4 Step big step to Right side. Drag Left up towards Right.

5&6 Kick Left to Left diagonal. Step Left in place beside Right. Cross step Right over Left.

7 – 8 Step Left to Left side. Cross Right behind Left (9.00).

Shuffle 1/4 Turn Left. Step. Pivot 1/4 Turn Left. Cross. Hinge 1/2 Turn Right.

1&2 Step Le	.eft to Left side. Close Right beside Left.	Turn 1/4 Left stepping Left forward (6.00))
-------------	---	--	---

3 – 4 Step Right forward. Pivot 1/4 turn Left. (3.00)

5 – 6 Cross Right over Left. Turn 1/4 Right stepping Left back. (6.00)

7 – 8 Turn 1/4 Right stepping Right to Right side. Cross step Left over Right. (9.00)

Tag 1 – End of Wall 1 add on the following facing 9 o'clock Wall:

Right Diagonal Rocking Chair.

1 – 2 Rock Right forward into Right diagonal. Recover on Left.
3 – 4 Rock Right back behind Left. Recover weight on Left.

Tag 2 – End of Wall 2 add on the following facing 6 o'clock Wall:

Right Diagonal Rocking Chair. Modifed Figure of 8.

1 – 2	Rock Right forward into Right diagonal. Recover on Left.
3 – 4	Rock Right back behind Left. Recover weight on Left.
5 – 6	Step Right to Right side. Cross Left behind Right.
7 – 8	Turn 1/4 Right stepping Right forward (9.00). Step forward on Left.
9-10	Pivot 1/2 Turn Right (3.00). Turn 1/4 Right stepping Left to Left side (6.00).
11-12	Rock Right back behind Left. Recover weight forward on Left. (6.00).

^{*}Restart – During Wall 6, dance 32 Counts and restart facing 6 o'clock Wall.

Choreographers note: Wall 5 into 6 will go slightly out of phrase, dance through it becase Wall 6 will bring you back into phrase with the restart