

Bell Bottom & High Rise

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Mark Paulino (USA) & Adia Nuno (USA) - 4 December 2023
音樂: Thicc As Thieves - Lauren Alaina & Lainey Wilson



Starts : 32 counts

[1 - 8] KICK FORWARD/BACK TOUCH, KICK FORWARD/BACK TOUCH, ¼ FLICK, ¼ HITCH

1&2 R kicks forward, R steps besides L, L toe touch back
3&4 L kicks forward, L steps besides R, R toe touch back
5 6 ¼ turn left with R side step, L flick behind R as right hand slaps shoe 9:00
7 8 ¼ turn right with L stepping back, R hitch forward as right hand slaps thigh/butt 12:00

[9 - 16] ¼ SIDE STEP, SIDE POINT, HOLD, ¼ TURN RECOVER, ¼ PIVOT TURN, CROSS OVER, ¼ TURN STEP, ¼ STEP, CROSS OVER

&1 2 ¼ right with R side step, L side point, hold
&3 4 ¼ turn left weight shifting onto L, step R forward, ¼ pivot turn left 9:00
5 6 R cross over L, ¼ turn right as L steps back 12:00
7 8 ¼ turn right as R side steps, L cross over R 3:00

[17 - 24] SIDE POINT, KICK, TOGETHER, SIDE POINT, KICK, TOGETHER, ROCKING CHAIR

1 2& R side point, R kick forward, R steps besides L
3 4& L side point, L kick forward, L steps besides R
5 6 R rock forward, recover back onto L
7 8 R rock back, recover ahead onto L

[25 - 32] STEP FORWARD ¼ TURN HIP ROLL, STEP FORWARD ¼ TURN HIP ROLL WITH HITCH, ROCK FORWARD, ROCK BACK, SHUFFLE FORWARD

1 2 R steps forward as you hip roll with ¼ turn left (weight shifting onto L) 12:00
3 4 R steps forward with a ¼ turn hip roll left into a L hitch forward (weight shift remains on R) 9:00
5 6 Rock forward onto L, rock back onto R
7&8 L steps forward, R steps besides L, L steps forward