

# 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