# **Bottoms Up!**



拍數: 32 牆數: 4 級數: Absolute Beginner

編舞者: Noreen Wall (UK) - April 2025 音樂: Bell Bottoms Up - Lainey Wilson



# Start On Song Lyrics 20 Seconds

# Section 1 - Right Grapevine ,Point X 2

1,2,3,4. R T0 R Side, L Behind R, R To R Side, Touch L Next To R.

5,6,7,8 Point L To Left Side, Touch Next To R, Point L To L Side, Touch Next. To R (Flick Behind

As Alternative )

### Section 2 - Left Grapevine Scuff, Forward Shuffle, R, L

1,2,3,4. L To L Side, R Behind L, L To L Side, Scuff R Forward.

5&6 7&8 Step Forward On To R Foot, Step Left Behind R ( &), Step Forward On To R. Foot. Step

Forward On To L Foot, Step R Foot Behind L (&) Step Forward On To L Foot

#### Section 3 - R Rocking Chair, 2x Paddle Steps Make 1/4 Turn L To 9 0' Clock.

1,2,3,4. Rock Forward On R Foot, Recover Weight On L Foot, Rock Back On R Foot, Recover

Weight On L Foot.

5,6,7,8. Paddle Step 1/8 Turn Left, Paddle Step 1/8 Turn Left To 9 0' Clock.

#### Section 4 - Cross Points X2. Jaz Box In Place.

1,2,3,4. Cross R Over L Point L To Left Side, Cross L Over R Point R To Right Side.

5,6,7,8. Cross R Over L, Step Back On L, Step R Next To L, Cross L Over R.

#### **Enjoy Dancing!**