

Long Neck Bend

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Henry Siwak (USA) - April 2025
音樂: Bell Bottoms Up - Lainey Wilson



***1 tag/restart 12 counts in Wall 4**

Section 1 - Right Heel Jack, Left Heel Jack (12:00)

1, 2,3 & 4 Right step side, Left step behind Right, Right Side, Left Heel (front) & Cross Right over Left
5,6,7 & 8 Left step side, Right step behind Left, Left Side, Right Heel (front) & Cross Left over Right

Section 2 - ¼ Jazz Box (3:00), Right Step Forward Left Step Behind Right, Right Lock Step

1-4 Right Cross over Left, Left step turn to 3:00, Right Step, Left step next to right

*******Tag on Wall 4 here left full turn, then restart dance*******

5,6,7 & 8 Right Step Forward, Left cross behind Right, Right Shuffle forward (Right Step Left behind Right step)

Section 3 - Left step behind right, Left Lock Step, Rock Recover, 2 ½ Pivot Turn (or walk walk if you don't want to turn)

1,2,3 & 4 Left step behind Right, Forward shuffle (Left Step Right behind Left Step)
5,6,7, 8 Right Rock forward, recover left, Pivot (right leading over right shoulder) to 9:00, Pivot (right leading over right shoulder) to 3:00

Section 4 - Right Coaster step, Sway x2 , 4x Hip Bumps

1,2,3, & 4 Right Step Back Rock, Left Recover, Right Next to Left, Sway right, Sway Left
5,6,7,8 2 Hip bumps Right, 2 Hip bumps Left