Bottoms Up!



編舞者: Debbie Hogg (UK)

音樂: Last Night (feat. DJ Robbie) - Chris Anderson



WALKS FORWARD WITH CLAPS X4

Step right foot forward, hold with clap reaching above head
Step left foot forward, hold with bend forward clapping low
Step right foot forward, hold with clap reaching above head
Step left foot forward, hold with bend forward clapping low

For more fun: lines 1, 3, & 5 clap high 1st, lines 2, 4, & 6 do opposite i.e. Clap low 1st

JUMP OUT, HOLD, KNEE POPS

&1 Jump right foot out, jump left foot out

2 Hold

3-4 Pop right knee in, hold

5-8 Four knee pops (left, right, left, right)

Weight ends on left foot

SCUFF RIGHT FOOT, SIDE TOUCH, KNEE IN, KNEE OUT WITH 1/4 TURN RIGHT, WALKS BACK

1-2 Scuff right foot forward, touch right foot to right side

3-4 Turn right knee in, turn right knee out making ¼ turn right

5-8 Four walks back (right, left, right, left)

MAMBO SIDE ROCKS X4

1&2	Rock to right side, recover weight to left foot, step right foot beside left foot
3&4	Rock to left side, recover weight to right foot, step left foot beside right
5&6	Rock to right side, recover weight to left foot, step right foot beside left foot
7&8	Rock to left side, recover weight to right foot, step left foot beside right

REPEAT