

Bottoms Up

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ann-Kristin Bekkeli-Sandvold (NOR) - April 2022
音乐: Bottoms Up (feat. Mohombi Moupondo) - Alexandra Joner



Intro: 16 count - Tag: After wall 3

Section 1: Whisk right, whisk left , 1/2 turn volta right

1&2 RF step right (1), LF step behind RF (&), RF step on place (2)
3&4 LF step left (3), RF step behind LF(&), LF step on place (4)
5&6& Turn right and step RF forward (5), Lock LF behind RF (&) Turn right and step RF forward (6), Lock LF behind RF (&)
7&8 Turn right and step RF forward (7), Lock LF behind RF (&) step RF forward (8) (6 o'clock)

Section 2: Whisk left, whisk right , 1/2 turn volta left

1&2 LF step left (1), RF step behind LF(&), LF step on place (2)
3&4 RF step right (3), LF step behind RF(&), RF step on place (4)
5&6& Turn left and step LF forward (5), Lock RF behind LF (&) Turn left and step LF forward (6), Lock RF behind LF (&)
7&8 Turn left and step LF forward (7), Lock RF behind LF (&) step LF forward (8) (12 o'clock)

Section 3: Mambo forward, Mambo backward, Cross Samba left, Cross Samba right

1&2 RF Rock forward (1), recover onto LF (&), RF step back (2)
3&4 LF rock forward (3), recover onto RF (&), LF step forward (4)
5&6 RF Cross over LF (5), LF Side (&), Recover Weight on RF (6)
7&8 LF Cross over RF (7), Turn ¼ left while step RF back(&), Recover Weight on LF (8) (9 o'clock)

Section 4: Cross, Hold, Cross, Hold, Mambo left, Mambo right

1 2 & 3 4 Cross RF over LF (1), Hold (2), Step LF left (&), Cross RF over LF (3), Hold (4)
5 & 6 LF rock left (5), Recover onto RF (&), LF step next to RF (6)
7 & 8 RF rock right (7), Recover onto LF (&), RF step next to LF (8)

Tag: after wall 3 (you will face 3 o'clock when tag starts)

1 – 4 Sway right-left-right-left

Restart.

Smile, enjoy and take care everybody.

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