

Bottoms Up

拍数: 48 墙数: 2 级数: Improver
编舞者: Marjo Ranta (FIN)
音乐: Reet Petite - Jackie Wilson



This dance recently won first place at the Finnish National Dance Championships "Get In Line" in Helsinki. This was the winning "Progressive Dance (non-country)" category

2 TOE HEEL STRUTS FORWARD, ½ MONTEREY TURN

- 1-2 Step right toe forward, lower right heel (optional finger snaps)
- 3-4 Step left toe forward, lower left heel (optional finger snaps)
- 5-6-7-8 Touch right toe to right side, turn ½ right as you step right next to left, touch left toe to left side, step left next to right

½ MONTEREY TURN, TOUCHES, HOLDS

- 1-4 Repeat Monterey turn from above
- 5-6 Touch right toe diagonally back, hold - optional finger snaps during hold, also can look over your right shoulder as you touch back
- 7-8 Touch right next to left, hold - optional finger snaps, also look forward

STEP FORWARD, HEEL LIFTS (BOUNCE) WITH ¼ TURN LEFT, ROCK STEP, SHUFFLE

- 1 Step right forward
- 2-3-4 Lift heels 3 times as you turn ¼ to the left - bounce heels
- 5-6 Rock step left back, step right in place
- 7&8 Left shuffle forward left, right, left

TOE HEEL TOUCHES, ¼ TURN RIGHT, HOLD

- 1-2 Touch right toe in to left instep, touch right toe to right side
- 3-4 Repeat
- 5-6 Touch right toe in to left instep, hold
- 7-8 Turn ¼ right and touch right heel diagonally forward, hold

JAZZ BOX, HITCH & SCOOT, JUMP BACK (OUT, OUT), JUMP FORWARD, HOLD

- 1-2 Cross step right over left, step left back
- 3-4 Step right to right side, hitch left knee as you scoot back slightly on right foot
- &5-6 Step left diagonally back (&), step right to side, hold - styling: this pattern is like an "out, out, " step. - on count 5 bend both knees and put hands on thighs
- 7-8 Straighten up and scoot forward with both feet, hold

2 SHUFFLES FORWARD, STEP, HOLD, TURN ½, HOLD

- 1&2-3&4 Right shuffle forward, left shuffle forward
- 5-6 Step right forward, hold
- 7-8 Turn ½ left as you transfer weight to left foot, hold

REPEAT
