

Bottoms Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Jen Zappulla - February 2014
音乐: Bottoms Up - Brantley Gilbert



Walk, Walk, Rock Recover Cross, Step, 1/4 Turn Step R, Cross-Step-Cross

1,2 Walk forward R (1), walk forward L (2)
3&4 Rock R to side (3), recover L (&), cross R over L (4)
5,6 Step L to side (5), step R back turning 1/4 to R (3:00)
7&8 Cross L over R (7), step R (&), cross L over R (8)

Toe-Heel-Cross, Triple Back, Rock Recover, Triple Forward

1&2 Touch R next to L (1), touch R heel next to L (&), cross R over L (2)
3&4 Step back L (3), step back R (&), step back L (4)
5,6 Rock back on R (5), recover forward on L (6)
7&8 Step forward R (7), step forward L (&), step forward R (8)

L Heel Dig, Step, Step, R Heel Dig, Step, Step, Toe Touch Behind, 1/2 Turn L, Point, Hitch, Point

1&2 Dig L heel across R (1), step on R (&), step L to side (2)
3&4 Dig R heel across L (3), step on L (&), step R to side (4)
5,6 Touch L toe behind (5), turn 1/2 L, weight to L (6) (9:00)
7&8 Point R to side (7), hitch R knee up toward body (&), point R to side (8)

Rock Back, Recover, Hip Bumps, Hip Circle

1,2 Rock R back (1), recover forward L (2)
3&4 Bump hips R (3), L (&), R (4)
5,6,7,8 Circle hips from L to R to L over four counts, weight ends on L

Begin again!

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