

Bottoms Up

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Donna Manning (USA) - July 2015
音樂: Bottoms Up - Brantley Gilbert



Restart on wall 3: after 32 counts

Sec.1: □ Heel, Hook, Heel, Flick, Right Forward Shuffle

1,2,3,4 R heel touch front, R foot hook across L shin, R heel touch front, R heel flick to R side
5,6,7,8 R step forward, L together next to R, R step forward, HOLD □ (12:00)

Sec.2: □ Heel, Hook, Heel, Flick, Left Forward Shuffle

1,2,3,4 L heel touch front, L foot hook across R shin, L heel touch front, L heel flick to L side
5,6,7,8 L step forward, R together next to L, L step forward, HOLD □ (12:00)

Sec.3: □ R Mambo, L Back Coaster

1,2,3,4 R forward rock, Recover weight to L, Step back on R, HOLD
5,6,7,8 Step L back, Step R back together to L, Step L forward, HOLD □ (12:00)

Sec.4: □ Step Half Turn, Press R to Side, Touch R to L Foot

1,2 Step R forward, Hold
3,4 Turn ½ L on ball of R taking weight to Left foot
5,6 Small press to R side (down on 5 recover weight to L on 6)
7,8 Touch R next to L, HOLD (6:00)

Sec.5: □ Weave Right, Side Rock Cross, Hold

1,2,3,4 R to right side, L cross behind R, R to right side, Cross L over R
5,6,7,8 R side rock recover L and cross R over L, HOLD (6:00)

Sec.6: □ Weave Left, Side Rock Cross, Hold

1,2,3,4 L to left side, R cross behind L, L to left side, Cross R over L
5,6,7,8 L side rock recover R and cross L over R, HOLD (angle body to diagonal) (6:00)

Sec.7: □ R Forward Shuffle to diagonal, L Mambo ½ Turn L

1,2,3,4 R forward to diagonal, Step L together, Step R forward to diagonal, HOLD
5,6,7,8 L fwd rock, recover to R, ½ turn to L stepping L to diagonal, HOLD □ (12:00)

Sec.8: □ R Forward Shuffle to diagonal, L Mambo ½ Turn L

1,2,3,4 R forward to diagonal, Step L together, Step R forward to diagonal, HOLD
5,6,7,8 L fwd rock, recover to R, ½ turn to L stepping L to diagonal, HOLD □ (6:00)

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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