

# Bottom - Looking Up

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Ron Bloye (UK) - July 2021  
音樂: Long Way Down (Lookin' up from the Bottom) - The Viper Creek Band : (Album:  
Kickin' Up Dust - iTunes)



**TAG: 8 count tag at start of wall 7**

**Start on vocals approx. 11seconds**

## **Sect 1: Rocking Chair - Forward Right - Point Left - Forward Left - Point Right.**

1 - 2                      Rock Forward Right - Recover on Left.  
3 - 4                      Rock Back Right - Recover on Left.  
5 - 6                      Step Forward Right - Point Left Out to Side.  
7 - 8                      Step Forward Left - Point Right out to Side.

## **Sect 2: Jazz Box turning ¼ Right - Grapevine.**

1 - 2                      Jazz Box - Cross Right Over Left - ¼ turn Right Stepping Back Left.  
3 - 4                      Step Right to Side - Step Left over Right.  
5 - 6                      Grapevine - Right to Side - Step Left Behind Right.  
7 - 8                      Right to Side - Step Left beside Right.

## **Sect 3: Monterey ½ Turn - Toe Struts.**

1 - 2                      Point Right to Right -Turn ½ Right (stepping Right beside Left).  
3 - 4                      Point Left to Left Side - Step Left beside Right.  
5 - 6                      Touch Right Toe to Right - Drop Right Heel.  
7 - 8                      Touch Left Toe Over Right - Drop Left Heel.

## **Sect 4: Side Rock - Cross Unwind - Jazzbox.**

1 - 2                      Rock out Right to Side - Recover on Left.  
3 - 4                      Cross Right Over Left - making ½ Turn Left. (weight on Left)  
5 - 6                      Cross Right Over Left - Step Back Left.  
7 - 8                      Step Right to Side - Step Forward Left.

**Tag - 8 counts at start of wall 7. - (6. o'clock)**

### **Reverse Rumba Box:**

1 - 2                      Step Right to Side - Place Left beside Right.  
3 - 4                      Step Back Right - Touch Left beside Right.  
5 - 6                      Step Left to Side - Place Right beside Left.  
7 - 8                      Step Forward Left - Touch Right beside Left.

**Note - Please use track from the Kickin' Up Dust - Album.**

**Happy Dancing !!!**