

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 !!!