

# Long Heels, Red Bottoms

**COPPER KNOB**  
STEPPERS

拍數: 96      牆數: 2      級數: Phrased Intermediate  
編舞者: Jamie Gant - August 2012  
音樂: Long Heels Red Bottoms - Trina



16 count intro - Sequence: AA B AA B AA B AA; start weight on L

## Part A, 32 counts

"Long heels, red bottoms"

[1-16] TAP, STEP, TOE, TURN 4X

- 1-2                  Tap R toe slightly R to side, step on R  
3-4                  Touch L toes home, rise onto balls of both feet, turning  $\frac{1}{4}$  L [9], dropping wt onto L  
(You will move slightly up and down on counts 3-4. These movements can be strong to fit the beat of the music.)  
5-8                  Repeat previous 4 counts, ending at [6]  
9-16                Repeat first 8 counts, ending at [12]

"Stay up, stay up"

[17-24] WALK, HOLD, 4X

- 1-8                  Step fwd R, hold, step fwd L, hold, step fwd R, hold, step fwd L, hold

[25-32] BACK 4X, TURN-BACK 4X

- 1-4                  Walk back R, L, R, L  
5-8                  Turn  $\frac{1}{4}$  L [9] and walk back R, L, R, step L home

You will end your first Part A at [9], and your second at [6], where you will start your first Part B

## Part B, 64 counts during the rap sections (first time starts at [6])

[1-8] HEEL SWITCHES, R HEEL JACK, HEEL SWITCHES, L HEEL JACK

- 1&2&              Touch R heel fwd, step R home, touch L heel fwd, step L home  
3&4&              Cross step R over L, step L to side, touch R heel fwd, step R home  
5&6&              Touch L heel fwd, step L home, touch R heel fwd, step R home  
7&8&              Cross step L over R, step R to side, touch L heel fwd, step L home

[9-16] R HEEL JACK, L HEEL JACK, HEEL SWITCHES 4X

- 1&2&              Cross step R over L, step L to side, touch R heel fwd, step R home  
3&4&              Cross step L over R, step R to side, touch L heel fwd, step L home  
5&6&7&8&        Touch R heel fwd, step R home, touch L heel fwd, step L home, repeat (wt ends L, but prep for turn)

[17-24] CROSS, TURN, COASTER STEP, ROCK FWD, BACK, FWD, BACK

- 1-2, 3&4            Turn  $\frac{1}{4}$  L [3] stepping R across L, stepping back L; step R back, step L next to R, step R fwd  
5-8                  Step fwd L pushing L hip fwd, push R hip back, repeat (wt ends R)

[25-32] BACK ROCK, REC, SYNC PADDLE  $\frac{3}{4}$  R, SWIVEL L

- 1-2                  Rock back L, rec R  
&3&4              Step RLRL (keep steps tight) turning  $\frac{3}{4}$  R [12], ending with feet together, wt even  
5-6-7-8            Swivel L 4 counts, ending wt L (these can be heels/toes or in-out, dancer's choice)

[33-40] REPEAT SECTION 3 (CROSS, TURN, COASTER, AND HIP PUSHES) You will be at [9]

[41-48] REPEAT SECTION 4 (BACK ROCK, REC, PADDLES, AND SWIVELS) You will be at [6]

[49-56] REPEAT SECTION 1 (HEEL SWITCHES, HEEL JACKS) Still at [6]

[57-64] REPEAT SECTION 2 (HEEL JACKS, HEEL SWITCHES) You will end Part B at [6], ready to start Part A

Step sheet written by Lisa McCammon 08/12. Note that I tried to contact the choreographer several times to get his approval but I was not successful. This is my best interpretation of the dance as seen on his video.

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