

BELL BOTTOMS UP

Count: 48. Wall: 2. Level: Improver

Choreographer: Deb Wookey (AUS) - April 2025

Music: Bell Bottoms Up by Lainey Wilson. Album: Bell Bottoms Up - single

INTRO: 32 count. Weight on L. Two Tags, Two Restarts.

1/4 LEFT, TAP, 1/4 LEFT, TAP, 1/4 LEFT, TAP, 1/4 LEFT, TAP

1-4 Turn ¼ left step R to right, Tap L beside R, Turn ¼ left step L forward, Tap R beside L

5-8 Turn ¼ left step R to right, Tap L beside R, Turn ¼ left step L forward, Tap R beside L

OPTION: K Step for non turners

ROCK FORWARD, RECOVER, 1/2 RIGHT SHUFFLE, STEP, PIVOT 1/2 RIGHT, SHUFFLE

1,2 Rock R forward, Recover onto L

3&4 Turn ½ right step R forward, Step L beside R, Step R forward [6:00]

5,6 Step L forward, Pivot ½ right

7&8 Step L forward, Step R forward, Step L forward [12:00]

**1/4 LEFT ROCK RIGHT, RECOVER, ROCK BACK, RECOVER,
ROCK, RIGHT, RECOVER, ROCK, BACK, RECOVER**

1-4 Turn ¼ left rock R to right, Recover onto L, Rock R back, Recover onto L

5-8 Rock R to right, Recover onto L, Rock R back, Recover onto L [9:00]

SIDE, TOGETHER, SHUFFLE BACK, SIDE, TOGETHER, SHUFFLE

1,2 Step R to right, Step L beside R

3&4 Step R back, Step L beside R, Step R back

5,6 Step L to left, Step R beside L

7&8 Step L forward, Step R beside L, Step L forward

KICK-BALL-STEP, 1/4 LEFT KICK-BALL-STEP, OUT, OUT, COASTER BACK

1&2 Kick R forward, Step ball of R beside L, Step L forward

3&4 Turn ¼ left kick R forward, Step ball of R beside L, Step L forward

RESTART Wall 6

5,6 Step R forward 45° right, Step L forward 45° left

7&8 Step R back, Step L beside R, Step R forward [6:00]

WALK, WALK, WALK, SCUFF, SYNCOPATED V STEP, SYNCOPATED V STEP

1-4 Step L forward, Step R forward, Step L forward, Scuff R

RESTART: Wall 5

&5&6 Step R forward 45° right, Step L forward 45° left, Step R back to centre, Step L beside R

&7&8 Step R forward 45° right, Step L forward 45° left, Step R back to centre, Step L beside R [6:00]

OPTION: V STEP on the count 5-8

48 REPEAT

TAGS:

End of Wall 1

SIDE, TAP, SIDE, TAP

1-4 Step R to right, Tap L beside R, Step L to left, Tap R beside L

End of Wall 2

SIDE TAP, SIDE TAP,

STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/4 LEFT

1-4 Step R to right, Tap L beside R, Step L to left, Tap R beside L

5-8 Step R forward, Pivot ¼ left, Step R forward, Pivot ¼ left

1-4 Step R forward, Pivot ¼ left, Step R forward, Pivot ¼ left

CONTINUED OVER

RESTARTS:

During Wall 5, Dance to count 44 and Restart facing 6:00

During Wall 6, Dance to count 36 and Restart facing 12:00

ENDING: Wall 7, Dance to end of wall then finish with:-

Step R forward 45° right, Hold, Step L forward 45° left, Hold sweeping hands out to sides.