

Bell Bottoms Up Ez

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Cathy Snow (USA) - April 2025

Music: Bell Bottoms Up - Lainey Wilson

Restart: First time on 9:00 wall dance steps 1-16 then restart dance

[1-8] RIGHT SUGAR FOOT; TRIPLE STEP; LEFT SUGAR FOOT, TRIPLE STEP

1-2 Point R toe to left instep, R heel to L instep

3&4 Triple-step in place R, L, R

5-6 Point L toe to R instep, L heel to R instep

7&8 Triple-step in place L, R, L

[9-16] SHUFFLE FORWARD, ROCK, RECOVER; SHUFFLE BACK; ROCK; RECOVER

1&2 Shuffle forward stepping right, left, right

3-4 Rock left forward; recover right

5&6 Shuffle backward stepping left, right, left

7-8 Rock back on right; recover on left

[17-24] LINDY R, LINDY L

1&2 Step R to R side, Step L next to R, Step R to R side

3-4 Step L behind R, Recover weight on R

5&6 Step L to L side, Step R next to L, Step L to L side

7-8 Step R behind L, Recover weight on L

[25-32] STEP FORWARD & BACK WITH TOUCHES, ¼ TURN RIGHT; SIDE STEPS WITH TOUCHES (K Step w/ 1/4 turn)

1-2 Step R forward diagonally, Touch L beside R

3-4 Step L back diagonally; Touch right beside L

5-6 Turn ¼ to R, stepping R to side Touch L beside R

7-8 Step L to L side, Touch R beside L

Contact: mrssno@email.com

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=194948