

# Back From The Bottom

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**Count:** 80      **Wall:** 2      **Level:** Advanced Phrased

**Choreographer:** Bradley Mather (USA) - June 2026

**Music:** THE BOTTOM - Daughtry

**Sequence: AA BB C A BB CC- CC**

**Intro: 8 counts**

**PART A**

**Side,  $\frac{1}{4}$  Weave, Mambo  $\frac{1}{4}$ , Weave,  $\frac{1}{4}$  R**

**1,2&3**step right to R (1), step left behind right (2), step right  $\frac{1}{4}$  R (&), step left forward (3)(3:00)

**4&5**rock right forward (4), recover onto left (&), step right  $\frac{1}{4}$  R (5)(6:00)

**6&7**cross left over right (6), step right to right (&), step left behind right dropping and popping right knee (7) (6:00)

**8**step right  $\frac{1}{4}$  R(8) (9:00)

**$\frac{1}{2}$  Chase, Full Spiral,  $\frac{1}{4}$  Side Rock, Recover, Weave w/Touch and Arms,  $\frac{5}{8}$  R**

**1&2** Step left forward (1), turn  $\frac{1}{2}$  R stepping on right (&), step left forward (2) (3:00)

**3,4**step right forward making a full spiral L (3), step forward on left (4) (3:00)

**5&6 $\frac{1}{4}$  L** rocking right to right (5), recover onto left (&), cross right over left (6) (12:00)

**&7,8**step left to left (&), cross right toe behind left crossing right arm across chest (7), unwind  $\frac{5}{8}$  R stepping forward onto right while crossing left arm across chest. (8) (7:30)

**Arms, Walk x2, Mambo  $\frac{1}{2}$ , Walk x2**

**1,2**make fists as you pull right fist down to right hip and left fist down to left hip (1-2) (7:30)

**3,4**step left forward (3), step right forward (4) (7:30)

**5&6**rock left forward (5), recover onto right (&),  $\frac{1}{2}$  L stepping left forward (6) (1:30)

**7,8**step right forward (7), step left forward (8) (1:30)

## **Lunge w/Arms, Back, Inside Out Wave $\frac{1}{2}$ , Rock, Recover, $\frac{1}{8}$ Side, Touch**

**1,2lunge forward onto right while lifting hands up (palms up) then down and away from you (1-2) (1:30)**

**3,4&5recover onto left (3), step right back (4),  $\frac{1}{2}$  L stepping left forward (&), step right forward (5) (7:30)**

**6,7rock left forward (6), recover onto right (7) (7:30)**

**8& $\frac{1}{8}$  L stepping left to left (8), touch right next to left (&) (6:00)**

## **PART B**

### **Prep, Full Turn R, Sweep, Weave w/Sweep, Cross Behind, Side Rock, Recover, Cross Behind**

**1,2step right to right prepping body to left (1), full turn R on right foot (2) (12:00)**

**3,4&5sweep left from back to front (3), cross left over right (4), step right to right (&), cross left behind right sweeping right from front to back (5) (12:00)**

**6cross right behind left (6) (12:00)**

**7,a,&rock left to left (7), recover onto right (a), cross left behind right (&) (12:00)**

### **$\frac{1}{4}$ , $\frac{1}{4}$ , Back Rock, Side, Slow Weave w/Prep, $\frac{1}{2}$ , $\frac{1}{2}$**

**1,a $\frac{1}{4}$  R stepping right forward (1),  $\frac{1}{4}$  R stepping left to left (a) (6:00)**

**3,a,&rock right behind left (3), recover onto left (&), step right to right (4) (6:00)**

**5,across left behind right (5), step right to right (a) (6:00)**

**7,8&cross left over right with prep(7),  $\frac{1}{2}$  L stepping right back (8),  $\frac{1}{2}$  L stepping L forward (6:00)**

## **PART C**

### **Lunge w/Arm, Recover $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{1}{4}$ Rock, Recover, Weave $\frac{1}{8}$**

**1,2lunge right with left palm on chest(1), continue to lunge as you lift left hand towards sky (2) (12:00)**

**3,4<sup>1/4</sup> L stepping left forward (3), 1/2 L stepping right back (4) (3:00)(release hand after (4))**

**5,6<sup>1/4</sup> L rocking left to left (5), recover onto right (6) (12:00)**

**7&8cross left behind right (7), step right to right (&), 1/8 R crossing left over right (8) (1:30))**

**Brush, Press w/Arms, Recover, Coaster 1/8, Step, 1/2 Pivot, 1/8 Side Rock Cross**

**&1,2brush right forward (&), press right forward with palms facing forward and elbows bent 90degrees as if to do jazz hands (1), push yourself backward by pushing hands against an imaginary wall causing hands to be slightly in front of you and step back onto left (2) (1:30)**

**3&4step right back (3) 1/8 L stepping left next to right (&), step right forward (4) (12:00)**

**5,6step left forward (5), 1/2 R stepping right forward (6) (6:00)**

**7&8<sup>1/8</sup> R rocking left to left (7), recover onto right (&), cross right over left (8) (7:30)**

**Rock, Recover w/Sweep, Back w/ Sweep, Back w/Sweep 1/8, Cross Behind, 1/8 Rock, Coaster, Walk**

**1,2rock right forward (1), recover onto left sweeping right from front to back (2) (7:30)**

**&3,4step right back sweeping left from front to back (&), 1/8 R stepping left back dropping down and sweeping right from front to back (3), cross right behind left (4) (9:00)**

**5,6<sup>1/8</sup> L rocking left forward (5), recover onto right (6) (7:30)**

**&7,8step left next to right (&), step right forward (7), step left forward (8) (7:30)**

**Restart after 24 counts on the 3rd C squaring up to 12:00**

**Step, Heel Swivel 1/4, Coaster, 1/4 Botafogo, Prep, 1/2, 5/8**

**1,2step right forward popping both heels up (1), 1/4 left lowering heels (2) (4:30)**

**3&4step left back (3), step right together (&), step left forward (4) (4:30)**

**5&6cross right over left (5), 1/4 R rocking left to left (&), recover onto right (6) (7:30)**

**7,8&cross left over right with prep (7), 1/2 L stepping right back (8), 5/8 L stepping left forward (6:00)**

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