

Bell Bottoms Up

Count: 32

Wall: 4

Level: Beginner

Choreographer: Kat Horner (USA) - August 2026

Music: Bell Bottoms Up - Lainey Wilson



Intro: 32 counts

Restart wall 4 & 9 after 16 counts

Section 1: box with triples

1,2,3&4 step R to R, together with L, step forward w/ R, together with L, forward w/ R

5,6,7&8 Step L to L, together with R, step back w/ L, together with R, back w/ L

Section 2: grapevine

1,2,3,4 step R to R, cross L behind R, step R to R, touch L beside R

5,6,7,8 step L to L, cross R behind L, step L to L, touch R beside L

Section 3: rocking chair, ½ pivot turns

1&2,3,4 step forward on R, recover on L, step back on R, recover on L

5&6,7,8 step forward on R, pivot ½ turn over L shoulder, step forward on R, pivot ½ turn over L shoulder

Option: repeat rocking chair

Section 4: heel switches, hook, heel pivot ¼ turn, stomp, flick

1&2&3,4 heel switches R, L, R, hook R across L shin

5,6,7,8 step forward on R heel, pivot ¼ L, stomp R, flick R behind L

Option: heel step-together R, L in place of heel switches & flick