



Dance: **Bottom - Looking Up**
 Type: 32 Count, 4 Wall, Improver
 Choreographer: Ron Bloye (UK), July 2021
 Choreographed to: Long Way Down (Lookin' Up From The Bottom) by The Viper Creek Band (166 bpm, 3:43 min)

Intro: Start after count 16, on the vocals

Section 1	Rocking Chair, Step Point x 2	
1-4	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
5,6	Step right forward. Point left to left side	Step, point
7,8	Step left forward. Point right to right side	Step, point
Section 2	Jazz Box 1/4 Cross, Vine Right Close	
1,2	Cross right over left. Step left back	Cross, back
3,4	Step right 1/4 turn right (3:00). Cross left over right	Turn, cross
5,6	Step right to right side. Cross left behind right	Side, behind
7,8	Step right to right side. Step left beside right	Side, close
Section 3	Monterey 1/2, Toe Strut x 2	
1,2	Point right to right side. Turn 1/2 right stepping right beside left (9:00)	Monterey half
3,4	Point left to left side. Step left beside right	
5,6	Step right toe to right side. Lower right heel	Side strut
7,8	Cross left toe over right. Lower left heel	Cross strut
Section 4	Side Rock, Cross Unwind 1/2, Jazz Box Step	
1,2	Rock to side on right. Recover on left	Side rock
3,4	Cross right over left. Unwind 1/2 turn left (3:00)	Cross, unwind
5-8	Cross right over left. Step left back. Step right to right side. Step left forward	Cross, back, side, Step
Tag	End of Wall 6 (3:00 - add Tag facing 6:00)	
	Back Rumba Box	
1-4	Step right to right side. Step left beside right. Step right back. Touch left beside right	Side, close, back, touch
5-8	Step left to left side. Step right beside left. Step left forward. Touch right beside left	Side, close, step, touch