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Long Heels, Red Bottoms

128 Count, 2 Wall, Intermediate

Choreographer: Jamie Gant (Aug 2012)

Choreographed to: Long Heels, Red Bottoms by Trina

Intro: 16

"Long heels, red bottoms"

1 TOUCH, STEP, TOE, TURN 4X

1-2 Step right toe slightly side, drop right heel

3-4 Step left together (rise on toes of both feet), turn $\frac{1}{4}$ left and drop left heel (9:00)

Move slightly up and down on counts 3-4. These movements can be strong to fit the beat of the music

5-8 Repeat 1-4 (6:00)

9-16 Repeat 1-8 (12:00)

"Stay up, stay up"

2 WALK, HOLD, 4X

17-24 Step right forward, hold, step left forward, hold, step right forward, hold, step left forward, hold

3 BACK 4X, TURN-BACK 4X

25-28 Step right back, step left back, step right back, step left back

29-32 Turn $\frac{1}{4}$ left and step right back, step left back, step right back, step left together (9:00)

"Long heels, red bottoms" & "Stay up, stay up"

33-64 Repeat 1-32

4 HEEL SWITCHES, RIGHT HEEL JACK, HEEL SWITCHES, LEFT HEEL JACK

1& Touch right heel forward, step right together

2& Touch left heel forward, step left together

3& Cross right over left, step left side

4& Touch right heel forward, step right together

5& Touch left heel forward, step left together

6& Touch right heel forward, step right together

7& Cross left over right, step right side

8& Touch left heel forward, step left together

5 RIGHT HEEL JACK, LEFT HEEL JACK, HEEL SWITCHES 4X

1& Cross right over left, step left side

2& Touch right heel forward, step right together

3& Cross left over right, step right side

4& Touch left heel forward, step left together

5& Touch right heel forward, step right together

6& Touch left heel forward, step left together

7& Touch right heel forward, step right together

8& Touch left heel forward, step left together

6 CROSS, TURN, COASTER STEP, ROCK FORWARD, BACK, FORWARD, BACK

1-2 Turn $\frac{1}{4}$ left and cross right over left, step left back (3:00)

3&4 Right coaster step

5-6 Rock left forward and hip forward, hip back

7-8 Hip forward, recover to left and hip back

7 BACK ROCK, RECOVER SYNC PADDLE $\frac{3}{4}$ RIGHT, SWIVEL LEFT

1-2 Rock left back, recover to right

&3 Turn $\frac{1}{4}$ right and step right slightly forward, turn $\frac{1}{4}$ right and step left slightly forward

&4 Turn $\frac{1}{4}$ right and step right slightly forward, step left together (12:00)

5-8 Swivel heels left, swivel toes left, swivel heels left, swivel toes left

Or in-out-in-out, dancer's choice

8 CROSS, TURN, COASTER STEP, ROCK FORWARD, BACK, FORWARD, BACK

1-2 Turn $\frac{1}{4}$ left and cross right over left, step left back (3:00)

3&4 Right coaster step

5-6 Rock left forward and hip forward, hip back

7-8 Hip forward, recover to left and hip back

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- 9 BACK ROCK, RECOVER SYNC PADDLE 3/4 RIGHT, SWIVEL LEFT**
1-2 Rock left back, recover to right
&3 Turn ¼ right and step right slightly forward, turn ¼ right and step left slightly forward
&4 Turn ¼ right and step right slightly forward, step left together (12:00)
5-8 Swivel heels left, swivel toes left, swivel heels left, swivel toes left
Or in-out-in-out, dancer's choice
- 10 HEEL SWITCHES, RIGHT HEEL JACK, HEEL SWITCHES, LEFT HEEL JACK**
1& Touch right heel forward, step right together
2& Touch left heel forward, step left together
3& Cross right over left, step left side
4& Touch right heel forward, step right together
5& Touch left heel forward, step left together
6& Touch right heel forward, step right together
7& Cross left over right, step right side
8& Touch left heel forward, step left together
- 11 RIGHT HEEL JACK, LEFT HEEL JACK, HEEL SWITCHES 4X**
1& Cross right over left, step left side
2& Touch right heel forward, step right together
3& Cross left over right, step right side
4& Touch left heel forward, step left together
5& Touch right heel forward, step right together
6& Touch left heel forward, step left together
7& Touch right heel forward, step right together
8& Touch left heel forward, step left together
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