

# BOTTLE IT UP

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

**Choreographer:** Linda Nyffeler

**Music:** If I Could Bottle This Up by Paul Overstreet



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## **ROCK FORWARD, ROCK BACK, COASTER STEP**

1-2      Rock forward on right, rock back on left

3&4      Step back on right, step left beside right, step forward on right

## **LEFT STOMP FORWARD, HOLD, TWIST ¼ TURN RIGHT, TWIST ¼ TURN LEFT**

5-8      Stomp left forward, hold, twist ¼ turn right, twist ¼ turn left

You are now facing the front again

Hand movements optional: left hand extended in front of chest on the 1st count

## **ROCK BACK ON LEFT, STEP FORWARD ON RIGHT, SHUFFLE ½ TURN TO THE RIGHT**

9-10      Rock back on left, step forward on right

11&12      Left, right, left, shuffle doing a ½ turn to the right

## **BACK RIGHT, FORWARD LEFT, SHUFFLE**

13-14      Step back on right, step forward on left

15&16      Right, left, right shuffle forward

## **STOMP, HOLD SYNCOPATED VINE & TWINKLE LEFT**

17-18      Stomp left, to left side, hold

19&20      Step right behind left, left, to left side, step right across left

Hand movements: on the count of 1 circle left forefinger in circle to the right, ending by pointing to the ground. Hold for 3 counts

21-24      Repeat last 4 counts

## **LEFT, ROCK RIGHT, VINE RIGHT, ¼ TURN TO THE RIGHT**

25-28      Rock left foot left, rock right, foot right, step left behind right, turning ¼ turn to the right

## **SHUFFLE, ½ TURN TO THE RIGHT, ROCK STEPS**

29&30      Left, right, left shuffle turning ½ turn to the right

31-32      Rock back on right, forward left

## **REPEAT**

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