

# Bottle This Up

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Jo Thompson Szymanski (USA) & Rita Thompson (USA)

Musik: If I Could Bottle This Up - Scooter Lee



## VINE RIGHT, POINT, STEP, POINT, STEP, POINT

- 1-2 Step right foot to right side, step left foot crossed behind right  
3-4 Step right foot to right side, point left toe across in front of right  
5-6 Step left foot to left side, point right toe across in front of left  
7-8 Step right foot to right side, point left toe across in front of right

**Option: to add the "soft shoe basic" styling to the above 8 counts, substitute the following:**

- 1-2 Step right foot to right side, step left foot crossed behind right  
3&4 Step right foot to right side, rock ball of left foot forward, slightly across front of right, replace weight back to right foot  
5&6 Step left foot to left side, rock ball of right foot forward, slightly across front of left, replace weight back to left foot  
7&8 Step right foot to right side, rock ball of left foot forward, slightly across front of right, replace weight back to right foot

## VINE LEFT, POINT, STEP, POINT, STEP, POINT

- 1-2 Step left foot to left side, step right foot crossed behind left  
3-4 Step left foot to left side, point right toe across in front of left  
5-6 Step right foot to right side, point left toe across in front right  
7-8 Step left foot to left side, point right toe across in front of left

**Option: to add the "soft shoe basic" styling to this 8 counts, do the same concept as above**

## PADDLE TURN RIGHT ½, PADDLE TURN LEFT ¾

**The next 4 counts will turn a total of ½ right**

- 1 Step right foot to right side, turning right toe out to the right side  
&2 Rock on ball of left foot to left side, turn slightly right shifting weight to right foot  
&3 Rock on ball of left foot to left side, turn slightly right shifting weight to right foot  
&4 Rock on ball of left foot to left side, turn slightly right shifting weight to right foot

**You should have accomplished a total of ½ turn right. The next 4 counts will turn a total of ¾ left**

- 5 Step left foot to left side, turning left toe out to the left side  
&6 Rock on ball of right foot to right side, turn slightly left shifting weight to left foot  
&7 Rock on ball of right foot to right side, turn slightly left shifting weight to left foot  
&8 Rock on ball of right foot to right side, turn slightly left shifting weight to left foot

**You should have accomplished a total of ¾ turn left**

## MINIMAL TURN VERSION:

- 1-4 Step in place right, left, right, hold  
5-8 Step in place left, right, left turning ¼ left, hold

## ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, COASTER STEP

- 1-2 Rock forward with right foot, recover weight back to left foot  
3&4 Step back with right foot, step together with left foot, step forward with right  
5-6 Rock forward with left foot, recover weight back to right foot  
7&8 Step back with left foot, step together with right foot, step forward with left

## REPEAT