

Bottle Your Crazy Up

Count: 32

Wall: 4

Level: Beginner / Improver Country

Choreographer: Martine Canonne (FR) - May 2015

Music: Bottle Your Crazy Up - Eileen Carey



Start: 2 x 8 counts.

[1 – 8] □HEEL R FWD, TOGETHER, HEEL L FWD, TOUCH L BACK, STEP LOCK STEP L, SCUFF R

1 – 2 Touch heel right forward, step right next to left

3 – 4 Touch heel left forward, touch point left back

5 – 8 Step left forward, lock right behind left, step left forward, scuff right

[9 – 16] □MAMBO R, KICK L, BACK L, KICK R, ROCK BACK

1 – 2 Step right forward, recover onto left

3 – 4 Step right back, kick left

5 – 6 Step back on left, kick right

7 – 8 Rock back right, recover onto left

[17 – 24] STEP ¼ TURN L, CROSS R, TOUCH SIDE L, CROSS L, MONTEREY ¼ R MODIFIED

1 – 2 Step right forward, ¼ turn left (09 :00)

3 – 4 Cross right over left, touch point left side

5 – 6 Cross left over right, touch point right side

7 – 8 ¼ turn right with step right next to left, touch point left side (12 :00)

*** Wall 4 : replace count 8 by STOMP LEFT (weight on left) and RESTART

[25 – 32] CROSS, SIDE, BEHIND, ¼ TURN R, STEP TURN STEP, CLAP

1 – 2 Cross left over right, step right to right

3 – 4 Cross left behind right, step ¼ turn right forward (03 :00)

5 – 6 Step left forward, ½ turn right (weight on right) (09 :00)

7 – 8 Step left forward, clap hands

TAG : *** End of walls 7 and 8 : add 8 counts

STEP TURN STEP, CLAP, STEP TURN STEP, CLAP

1 – 2 Step left forward, ½ turn right (weight on right)

3 – 4 Step left forward, clap hands

5 – 6 Step left forward, ½ turn right (weight on right)

7 – 8 Step left forward, clap hands

NOTA for finish : Make the first 7 time, then 8th time, make ¼ turn left with scuff and side.

RESTART FROM THE TOP AND KEEP SMILING

L : Left □ R : Right

Merci de ne pas modifier ces pas de danse. Si vous souhaitez les mettre sur votre site web, merci d'utiliser ce format.

<http://danseavecmartineherve.fr/□□□□□□□□>