

Bottle Your Crazy Up

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Randy Pelletier (USA) - September 2014
音乐: Bottle Your Crazy Up - Eileen Carey



Intro: 16 Counts

[1-8] WALK, WALK, KICKBALL CHANGE, MODIFIED ¼ TURNING JAZZ BOX

1 - 2 Step right forward, step left forward
3 & 4 Kick right forward, step right next to left, step left next to right
5 - 6 Cross right over left, step back on left
7 - 8 Turning ¼ right step right to right side, step left forward (Large forward step)

[9 – 16] □ WALK, WALK, KICKBALL CHANGE, MODIFIED ¼ TURNING JAZZ BOX

1 - 2 Step right forward, Step left forward
3 & 4 Kick right forward, step right next to left, step left next to right
5 - 6 Cross right over left, step back on left
7 - 8 Turning ¼ right step right to right side, stomp left to left side (weighted)

[17 – 24] □ SAILOR STEP RIGHT, SAILOR STEP LEFT, TOUCH BEHIND, ½ TURN, STOMP, CLAP

1 & 2 Cross right behind left, step left to side, step right to side
3 & 4 Cross left behind right, step right to side, step left to side
5 - 6 Touch right toe behind left heel, unwind ½ turn right (weight to right)
7 - 8 Stomp left forward, clap (hold)

* (Restart here on 4th wall)

[25 – 32] □ ROCKING CHAIR, ½ PIVOT LEFT, ¼ TURN PIVOT LEFT

1 - 2 Rock right heel forward, recover weight in place on left
3 - 4 Rock right back, recover weight in place on left
5 - 6 Step right forward, turn ½ turn left pivoting on the ball of left foot (Weight to Left)
7 - 8 Step right forward, turn ¼ turn left pivoting on the ball of left foot (Weight to Left)

REPEAT

#1 EASY RESTART : that you can easily hear in the music. On 4th wall (1ST time you start dance facing 9 O'clock)

Dance through count 24 and Restart dance. (You will be facing 9 O'clock when the Restart occurs)

All Rights Reserved.

This Step Sheet may not be altered in any way without the written permission of the Choreographer.
If you would like to use on your website please make sure it is in its original format.

Contact: Randy Pelletier - Email: Randy@OneEyedParrot.Org - Tel: 413-366-1540

Last Update – 30th Sept 2014