

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)

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