

Bottle It Up

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gloria Johnson (USA) - December 2014
音乐: Bottle Your Crazy Up - Eileen Carey



INTRO: 16 counts--NO TAGS, NO RESTART

SIDE STEPPING RIGHT

1,2 Step RIGHT a small step to right side; Step LEFT together;
3,4 Step RIGHT a small step to right side; Step LEFT together;
5,6 Step RIGHT a small step to right side; Step LEFT together;
7,8 Step RIGHT a small step to right side; Touch LEFT together.

SIDE STEPPING LEFT W. GRADUAL TURN LEFT

1,2 Step LEFT a small step to left side; Step RIGHT together;
3,4 Step LEFT a small step to left side; Step RIGHT together;
5,6 Beginning a gradual 1/4 turn left, step LEFT to left side; Step RIGHT together;
7,8 Completing a gradual 1/4 turn left, step LEFT to left side; Touch RIGHT together.

NOTE: When dancing steps 1-16, add attitude by moving shoulders and hips.

SCISSORS STEPS

1,2 Step RIGHT to right side; Slide LEFT to Right;
3,4 Cross-step RIGHT over Left; Hold;
5,6 Step LEFT to left side; Slide RIGHT to Left;
7,8 Cross-step LEFT over Right; Hold.

CHARLESTON (aka: MONTANA KICK)

1,2 Step RIGHT forward; Kick LEFT forward;
3,4 Step LEFT back; Touch RIGHT toe back;
5,6 Step RIGHT forward; Kick LEFT forward;
7,8 Step LEFT back; Touch RIGHT toe back.

BEGIN DANCE AGAIN

Choreographer Contact Information:

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