

# Bottle It Up

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Linda Nyffeler (NZ)  
音乐: If I Could Bottle This Up - Paul Overstreet



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## ROCK FORWARD, ROCK BACK, COASTER STEP

1-2              Rock forward on right, rock back on left  
3&4              Step back on right, step left beside right, step forward on right

## LEFT STOMP FORWARD, HOLD, TWIST ¼ TURN RIGHT, TWIST ¼ TURN LEFT

5-8              Stomp left forward, hold, twist ¼ turn right, twist ¼ turn left

**You are now facing the front again**

**Hand movements optional: left hand extended in front of chest on the 1st count**

## ROCK BACK ON LEFT, STEP FORWARD ON RIGHT, SHUFFLE ½ TURN TO THE RIGHT

9-10             Rock back on left, step forward on right  
11&12            Left, right, left, shuffle doing a ½ turn to the right

## BACK RIGHT, FORWARD LEFT, SHUFFLE

13-14            Step back on right, step forward on left  
15&16            Right, left, right shuffle forward

## STOMP, HOLD SYNCOPATED VINE & TWINKLE LEFT

17-18            Stomp left, to left side, hold  
19&20            Step right behind left, left, to left side, step right across left

**Hand movements: on the count of 1 circle left forefinger in circle to the right, ending by pointing to the ground.**

**Hold for 3 counts**

21-24            Repeat last 4 counts

## LEFT, ROCK RIGHT, VINE RIGHT, ¼ TURN TO THE RIGHT

25-28            Rock left foot left, rock right, foot right, step left behind right, turning ¼ turn to the right

## SHUFFLE, ½ TURN TO THE RIGHT, ROCK STEPS

29&30            Left, right, left shuffle turning ½ turn to the right

31-32            Rock back on right, forward left

**REPEAT**

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