

# Bottle It Up

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Tina Argyle (UK)  
音乐: If I Could Bottle This Up - Paul Overstreet



## KICK, OUT, TOUCH HIP SWAYS WITH HEEL LIFTS, CROSS ROCK, CHASSE

- 1&2      Kick right forward, step onto right slightly to right side, touch left toe to left side pushing hips right (left heel should be off the floor)  
3-4      Push hips left dropping left heel to floor & lifting right heel up, push hips right dropping right to floor & lifting left heel  
&5-6      Transfer weight onto left, cross rock right over left, recover weight onto left  
7&8      Step right to right side, step left at side of right, step right to right side

## CROSS ROCK, ¼ SHUFFLE TURN, LEFT FULL TURN FORWARD, WALK, WALK

- 9-10      Cross rock left over right, recover weight onto right  
11&12      Turn ¼ left stepping forward onto left, step right beside left, step forward left  
13-14      Turn ½ left stepping back right, ½ turn left stepping forward onto left  
15-16      Two walks forward, stepping right then left

## ¼ MONTEREY TURN, SIDE TOUCHES, BEHIND, SIDE, CROSS, SIDE ROCK RIGHT, RECOVER

- 17-18      Touch right toe to right side, ¼ turn right stepping right at side of left  
19&20      Touch left toe to left side, touch left toe at side of right, touch left toe to left side  
21&22      Cross left behind right, step right to right side, cross left over right  
23-24      Rock right to right side, recover weight onto left

## 2 X SAILOR STEP RIGHT THEN LEFT, ½ PIVOT, ¼ PIVOT

- 25&26      Cross right behind left, step left to left side, step right to right side  
2&-28      Cross left behind right, step right to right side, step left to left side  
29-30      Step forward, right, ½ pivot turn left  
31-32      Step forward, right, ¼ pivot turn left

## KICK BACK CROSS TWICE, LEFT CHASSE, ROCK BACK

- 33&34      Kick right forward, step back onto right, cross left over right  
&35&36      Step back onto right, kick left forward, step back onto left, cross right over left  
37&38      Step left to left side, step right at side of left, step left to left side  
39-40      Rock back onto right, recover weight forward, onto left

## HEEL BALL CROSS TWICE, ¼ SHUFFLE TURN, LEFT COASTER STEP

- 41&42      Touch right heel forward, step onto right, cross left over right  
43&44      Repeat steps 41&42  
45&46      Turn ¼ left stepping back onto right, step left at side of right, step back onto right  
47&48      Step back onto left, step right at side of left, step forward onto left

## 2 X WALKS FORWARD, 2 X RIGHT KICK BALL CHANGE MAKING ¼ TURN LEFT, 2 X WALKS FORWARD

- 49-50      Two walks forward, stepping right then left  
51&52      Right kick ball change making 1/8 turn left  
53&54      Repeat steps 51&52 (making a ¼ turn total you are now facing 9:00 wall)  
55-56      Two walks forward, stepping right then left

## RIGHT ROCK FORWARD, COASTER STEP, LEFT ROCK FORWARD, COASTER STEP

- 57-58      Rock forward onto right, recover weight onto left

59&60 Step back right, step left at side of right, step forward onto right  
61-62 Rock forward onto left, recover weight onto right  
63&64 Step back onto left, step right at side of left, step left forward

**REPEAT**

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