

Bottle up Lightning

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: Phrased Easy Intermediate
编舞者: Judy Rodgers (USA) - September 2011
音乐: Bottle Up Lightning - Lady A : (CD: bonus track on Need You Now or single)



32 count intro from heavy beat (starts on vocals) - (starting wall/clock in parenthesis)

Sequence: A(12), A(6), B(12), B(3), B(6), A(9) (restart), A(9), B(3), B(6), B(9) (4 cnt tag), B(12), B(3), B(6), B(9)

Part A (Verse)...32 counts (walls 1, 2, 6, 7):

STEP, BEHIND, STEP, BEHIND, STEP, BEHIND, SCISSOR CROSS

1-6 Step right to right, step left behind (3) * (drop right shoulder on R ft, left shoulder on L ft)
7&8 Step right to right, step left together, step right across left (12:00)

SIDE ROCK, RECOVER, SAILOR TURN ¼ L, KICK BALL CHANGE, PIVOT ¼

1-2 Rock left to left, recover to right
3&4 Step left behind right, turn ¼ left step right together, step left slightly forward (9:00)
5&6 Kick right forward, step down on right, step left forward
7-8 Step right forward, turn ¼ left stepping down on left (6:00)

CROSS, SIDE, CROSS & CROSS, SIDE ROCK, RECOVER, SAILOR TURN ½

1-2 Cross step right over left, step left to side
3&4 Cross right over left, step left to side, cross right over left
5-6 Rock left to left, recover to right
7&8 Step left behind right, turn ½ left stepping down on right, step forward on left (12:00)

RIGHT HIP BUMPS, LEFT HIP BUMPS, ROCK, RECOVER, TURN ½ R WALK, WALK

1&2 Step forward right, bump right, left, right
3&4 Step forward left, bump left, right, left **** restart here on wall 6 (facing 9:00)****
5-6 Rock right forward, recover to left
7-8 Turn ½ right step right forward, step left forward (6:00)

Part B (Chorus)...24 counts (walls 3, 4, 5, 8, 9, 10, 11, 12, 13, 14):

KICK BALL CROSS, STEP DRAG, ROLLING VINE WITH CROSS

1&2 Right kick, step down on right, step left across right (12:00)
3-4 Step big step right, drag left to right
5-6 Turn ¼ left step left forward, turn ½ left step right back
7-8 Turn ¼ left step left to left side, cross right over left (12:00)

STEP, DRAG, BALL CROSS SIDE, BEHIND, SIDE, CROSSING SHUFFLE

1-2 Left take big step left, drag right beside left
&3-4 Step right together, cross left over right, step right to right side
5-6 Step left behind right, step right to side
7&8 Step left across right, step right to right, step left cross right

TURN ¼, TURN ½, SHUFFLE FORWARD, ROCK, RECOVER, COASTER STEP

1-2 Turn ¼ left stepping right back, turn ½ left stepping left forward (3:00)
3&4 Shuffle forward right, left, right
5-6 Rock left forward, recover right
7-8 Step left back, step right together, step left forward

TAG: 4-count tag after Wall 10 (facing 12:00) Rock R to side, recover L, rock R back, recover L

