

Bottle It Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Andy Arizona (UK) - April 2022
音樂: Bottle It Up - Cody Johnson : (Album: Cowboy Like Me - Bonus Track Version)



#16 count Intro - Approx 14 Seconds. pankhursta@yahoo.com

Walk Right, Left, Step Full Turn Left, Lock Step Back, Coaster Cross.

1,2 Walk forward R, walk forward L.
3&4 Step forward on R, make ½ turn L, make ½ turn L stepping back on R.
5&6 Step back on L, cross R over L, step back on L.
7&8 Step back on R, step L beside R, cross R over L. 12 o'clock.

****R** See note below.**

Left Rock & Cross, Right Rock & Cross, Left Side Rock, Recover, Cross, Side, Behind, Side, Cross.

1&2 Rock L to L side, recover weight to R, cross L over R.
3&4 Rock R to R side, recover weight to L, cross R over L.
5& Rock L to L side, recover weight to R.
6&7 Cross L over R, step R to R side, cross L behind R.
&8 Step R to R side, cross L over R. 12 o'clock.

Rumba Box Forward, Rumba Box Back, Right Lock Step Back, Shuffle ½ Turn Left.

1&2 Step R to R side, step L beside R, step forward on R.
3&4 Step L to L side, step R beside L, step back on L.
5&6 Step back on R, cross L over R, step back on R.
7&8 Shuffle ½ turn L stepping L, R, L. 6 o'clock.

****Tag during wall 6, begin again facing 6.00 and during wall 8, begin again facing 9.00.**

Right Forward Rock, Side, Rock, Behind, Side Cross, Left forward Rock, Side, Rock, Behind ¼ Turn Step Right.

1&2& Rock forward on R, recover weight to L, rock R to R side, recover weight to L.
3&4 Cross step R behind L, step L to L side, cross R over L.
5&6& Rock forward on L, recover weight to R, rock L to L side, recover weight to R.
7&8 Cross step L behind R, make ¼ turn R stepping forward on R, step forward on L. 9 o'clock.

**** Restart and step change during wall 3 – dance to count 5&6 of Section 1 - replace the Coaster Cross with a Coaster touch - begin again facing 6 o'clock.**

****Tag – danced during walls 6 and 8.**

Right, Sway Left.

1,2 Sway R, sway L.

Last Update - 27 Apr. 2022