

# If I Could Bottle This Up!

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Pauline Bell (UK)  
音樂: If I Could Bottle This Up - Paul Overstreet



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## RIGHT KICKBALL CHANGE, SCUFF, BRUSH, BRUSH, TURN, PIVOT ¼ TURN

1&2      Kick right forward, step right beside left, step left in place  
3-4      Scuff right foot forward, brush right foot back  
5-6      Brush right foot forward, touch right foot to right side  
7-8      Pivot ¼ turn right, pivot half turn left

## LEFT ROCK, LEFT SAILOR, RIGHT SAILOR ¼ TURN, LEFT BACK ROCK

9-10      Rock left to left side, rock back onto right  
11&12      Cross left behind right, step right to right side, step left in place  
13&14      Cross right behind left, step left to left side, step right in place (turning ¼ left)  
15-16      Rock back onto left, rock forward onto right

## KICK BALL CHANGE, FORWARD ROCK, SHUFFLE BACK, SWEEP TURN

17&18      Kick left forward, step left beside left, step right in place  
19-20      Rock forward on left, rock back onto right  
21&22      Step left back, close right to left, step back left  
23-24      Swing/sweep right foot out from back to front, pivot half turn right

## LEFT SAILOR, RIGHT SAILOR, BEHIND UNWIND, RIGHT ROCK

25&26      Cross left behind right, step right to right side, step left in place  
27&28      Cross right behind left, step left to left side, step right in place, (turning ¼ left)  
29-30      Point left behind right, unwind half a turn left  
31-32      Rock to right side on right, rock back onto left

**REPEAT**

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