

# Bottle It Up

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Tina Argyle (UK)  
音樂: 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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