

Bottle This Up

拍數: 32 牆數: 4 級數: Improver
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音樂: If I Could Bottle This Up - Scooter Lee



VINE RIGHT, POINT, STEP, POINT, STEP, POINT

- 1-2 Step right foot to right side, step left foot crossed behind right
- 3-4 Step right foot to right side, point left toe across in front of right
- 5-6 Step left foot to left side, point right toe across in front of left
- 7-8 Step right foot to right side, point left toe across in front of right

Option: to add the "soft shoe basic" styling to the above 8 counts, substitute the following:

- 1-2 Step right foot to right side, step left foot crossed behind right
- 3&4 Step right foot to right side, rock ball of left foot forward, slightly across front of right, replace weight back to right foot
- 5&6 Step left foot to left side, rock ball of right foot forward, slightly across front of left, replace weight back to left foot
- 7&8 Step right foot to right side, rock ball of left foot forward, slightly across front of right, replace weight back to right foot

VINE LEFT, POINT, STEP, POINT, STEP, POINT

- 1-2 Step left foot to left side, step right foot crossed behind left
- 3-4 Step left foot to left side, point right toe across in front of left
- 5-6 Step right foot to right side, point left toe across in front right
- 7-8 Step left foot to left side, point right toe across in front of left

Option: to add the "soft shoe basic" styling to this 8 counts, do the same concept as above

PADDLE TURN RIGHT ½, PADDLE TURN LEFT ¾

The next 4 counts will turn a total of ½ right

- 1 Step right foot to right side, turning right toe out to the right side
- &2 Rock on ball of left foot to left side, turn slightly right shifting weight to right foot
- &3 Rock on ball of left foot to left side, turn slightly right shifting weight to right foot
- &4 Rock on ball of left foot to left side, turn slightly right shifting weight to right foot

You should have accomplished a total of ½ turn right. The next 4 counts will turn a total of ¾ left

- 5 Step left foot to left side, turning left toe out to the left side
- &6 Rock on ball of right foot to right side, turn slightly left shifting weight to left foot
- &7 Rock on ball of right foot to right side, turn slightly left shifting weight to left foot
- &8 Rock on ball of right foot to right side, turn slightly left shifting weight to left foot

You should have accomplished a total of ¾ turn left

MINIMAL TURN VERSION:

- 1-4 Step in place right, left, right, hold
- 5-8 Step in place left, right, left turning ¼ left, hold

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, COASTER STEP

- 1-2 Rock forward with right foot, recover weight back to left foot
- 3&4 Step back with right foot, step together with left foot, step forward with right
- 5-6 Rock forward with left foot, recover weight back to right foot
- 7&8 Step back with left foot, step together with right foot, step forward with left

REPEAT