

# Bottle This Up

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA)  
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