

# Bottle Pop

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Francien Sittrop (NL) - September 2011  
音樂: Last Night (feat. Snoop Dogg & Bobby Anthony) (Shot Radio Edit) - Ian Carey :  
(3:08)



Intro: Start after 16 counts

## [1 – 8] Out , Out (squats), Shuffle Back, Rock Recover, Kick Ball Step

1 – 2      Step R out , Step L out (bend knees )  
3 & 4      Step R Back, Step L next to R, Step R back  
5 – 6      Rock L back Recover on R  
7 & 8      Kick L fwd, Step L down, Step R fwd

## [9-16] Step Pivot ½ Turn R, Fwd , Toe Touches, ¼ Turn R with Body Roll

1 – 2      Step L fwd, ½ Turn R (06.00)  
3 – 4      Step L Fwd, Touch R to R side  
&5&6      Step R next to L, Touch L to L side, Step L next R, Touch R toe to R side  
7 - 8      Body roll with ¼ Turn R , Step Down on R (weight ends on R) (09.00)

## [17-24] Rocking Chair, Step Pivot ¼ R, Cross Shuffle

1 – 4      Rock L fwd, Recover on R, Rock L back , Recover on R  
5 – 6      Step L fwd , Pivot ¼ Turn R (12.00)  
7 & 8      Step L across R, Step R to R side, Step L across R

## [25-32] Dip , Raise , Diag fwd Shuffle, Cross Rock , Step Back & Drag

1 – 2      Step R big Step R with knees Bend, Raise and Step L next to R  
3 & 4      Step R Diag R fwd, Step L next to R, Step R fwd  
5 – 6      Rock L across R, Recover on R  
7 – 8      L step Back , Drag R next to L \*\*\*\*\* Restart here wall 3 & 6 (12.00)

## [33-40] Roll Out Out, Knee pop in , Out with ¼ Turn R, Hitch, Coaster Step, Step fwd

1 – 2      Step R to R side and Roll R knee out, Roll L knee out  
3 – 4      Pop R knee in. Pop R knee out with ¼ Turn R (03.00)  
5      Hitch R knee  
6 & 7      Step R back, Step L next to R, Step R fwd  
8      Step L fwd

## [41-48] Out Out, Swivels in, ¼ L with shuffle back, Shuffle ½ Turn L

1 – 2      Step R out , Step L out  
3 & 4      Swivel Both Heels in, Both toes in , Both Heels in (weight ends on L )  
5 & 6      ¼ Turn L Step R back, Step L next to R, Step R back (12.00)  
7 & 8      Shuffle ½ Turn L with L , R, L \*\*\*\*\* Restart here wall 4 (06.00)

## [49-56] Knee Pops (Lift also Shoulders ) , Touch Back, ½ Turn R

1 & 2      Step R fwd, Pop both knees , Both heels down  
3 & 4      Step R back, Pop both knees , Both heels down  
5 & 6      Step L back, Pop both knees , Both heels down  
7 – 8      Touch R back, ½ Turn R (12.00)

Option : count 1 – 6 Pop your shoulders when you do the knee pops

## [57-64] Jazz Box ¼ Turn L, Cross Rock Recover, Touch Side , ¼ Turn L

1 – 2      Step L across R, Step R back

3 – 4            ¼ Turn L step L fwd, Step R fwd (09.00)

5 – 6            Rock L across R, Recover on R

7 – 8            Touch L to L side, ¼ Turn L ( weight ends on L (06.00)

**Option; Hand moves 7 – 8 : Put your fist in front of your body(7) and pull yourself a ¼ Turn L(8)**

**Restarts:**

**Wall 3 & 6 after count 32 start again with count 1**

**Wall 4 after count 48 start again with count 1**

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