

Bottle It Up

TYPE: 4 Wall line dance **RATING:** Beginner
COUNT: 32 **STEPS:** 38
CHOREOGRAPHER: Linda Nyffeler Mt. Maunganui, New Zealand Tel: 07 5759272
SOURCE: Linda Nyffeler (2/17/2000)
MUSIC: "If I Could Bottle This Up" by Paul Overstreet (104 bpm)

STEP DESCRIPTION:

ROCK, RECOVER, COASTER STEP, STOMP FORWARD, HOLD, TWIST ¼ TURN, TWIST ¼ TURN

1,2 Rock forward on RIGHT; Rock back on LEFT
3&4 Step back on RIGHT; Step LEFT beside Right; Step forward on RIGHT
5,6 Stomp LEFT forward; Hold
7,8 Twist ¼ turn right; Twist ¼ turn left (*now facing front again*)
(*Hand movements optional: Left hand extended in front of chest on the 1st count*)

ROCK BACK, STEP FORWARD, SHUFFLE ½ TURN, BACK, FORWARD, SHUFFLE

9,10 Rock back on LEFT; Step forward on RIGHT
11&12 Shuffle LEFT, RIGHT, LEFT doing a ½ turn to the right
13,14 Step back on RIGHT; Step forward on LEFT
15&16 Shuffle forward stepping on RIGHT, LEFT, RIGHT

STOMP, HOLD SYNCOPATED VINE & TWINKLE LEFT

17,18 Stomp LEFT to left side; Hold
19&20 Step RIGHT behind Left; Step LEFT to left side; Step RIGHT across Left
(*Hand movements: on the count of 1 circle Left forefinger in circle to the right, ending by pointing to the ground. Hold for 3 counts*)
21,22 Stomp LEFT to left side; Hold
23&24 Step RIGHT behind Left; Step LEFT to left side; Step RIGHT across Left

SIDE ROCK STEPS, SIDE, BEHIND WITH ¼ TURN, SHUFFLE ½ TURN, ROCK STEPS

25,26 Rock LEFT to left; Rock RIGHT to right
~~27,28 Step RIGHT to right side; Step LEFT behind Right turning ¼ turn right~~
27, 28 *Step Left behind Right, Turn body ¼ to the right and step R forward*
29&30 Shuffle LEFT, RIGHT, LEFT turning ½ turn to the right
31,32 Rock back on RIGHT; Rock forward on LEFT

BEGIN DANCE AGAIN

**Hedy's correction 9/17/04*

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