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Bottle It Up

Choreographer: Linda Nyffeler

Count: 32

Wall: 4

Level: Beginner

Music: “If I Could Bottle This Up” by Paul Overstreet

ROCK FORWARD, ROCK BACK, COASTER STEP
1-2 Rock forward on right, rock back on left
3&4 Step back on right, step left beside right, step forward on right

LEFT STOMP FORWARD, HOLD, TWIST ¼ TURN RIGHT,TWIST ¼ TURN LEFT
5-8 Stomp left forward, hold, twist ¼ turn right, twist ¼ turn left
You are now facing the front again
Hand movements optional: left hand extended in front of chest on the 1st count

ROCK BACK ON LEFT, STEP FORWARD ON RIGHT, SHUFFLE ½ TURN TO THE RIGHT
9-10 Rock back on left, step forward on right
11&12 Left, right, left, shuffle doing a ½ turn to the right

BACK RIGHT, FORWARD LEFT, SHUFFLE
13-14 Step back on right, step forward on left
15&16 Right, left, right shuffle forward

STOMP, HOLD SYNCOPATED VINE & TWINKLE LEFT
17-18 Stomp left, to left side, hold
19&20 Step right behind left, 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
21-24 Repeat last 4 counts

LEFT, ROCK RIGHT, VINE RIGHT,¼ TURN TO THE RIGHT
25-28 Rock left foot left, rock right, foot right, step left behind right, turning ¼ turn to the right

SHUFFLE, ½ TURN TO THE RIGHT, ROCK STEPS
29&30 Left, right, left shuffle turning ½ turn to the right
31-32 Rock back on right, forward left

Start Again