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| Bottle It Up |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Linda Nyffeler (NZ) | | | | |
| **Music:** | If I Could Bottle This Up - Paul Overstreet | | | | |
| . | | | | | | |

**ROCK FORWARD, ROCK BACK, COASTER STEP**

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| 1-2 | Rock forward on right, rock back on left |

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| --- | --- |
| 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**

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| --- | --- |
| 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**

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| --- | --- |
| 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 |

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| --- | --- |
| 15&16 | Right, left, right shuffle forward |

**STOMP, HOLD SYNCOPATED VINE & TWINKLE LEFT**

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| --- | --- |
| 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 |

**REPEAT**