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| Bottle Up Lightning |  |

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| . |
| **Count:** | 56 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Karen Kennedy (SCO) & Ashleigh Louise McGonagall - June 2011 |
| **Music:** | Bottle Up Lightning - Lady A : (CD Single - Just A Kiss) |
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**Start On Main Vocals.**

**Heel Switches, Step Forward, Kick, ¼ Sailor Turn, R ight Mambo**

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| --- | --- |
| 1&2& | Touch Right Heel Fwd, Back In Place, Touch Left Heel Fwd, Back In Place |

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| 3-4 | Step Fwd on Right Foot, Kick Left Fwd |

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| --- | --- |
| 5&6 | Swing left Foot Behind Right ¼ turn Left, Step Right To Side, Step Left To Side |

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| --- | --- |
| 7&8 | Rock Forward On Right, Recover On Left, Bring Right Back In Place |

**TAG: Wall 7 Tag & Restart here.**

**Shuffle Back with ¼ turn L, Cross Back**

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| --- | --- |
| 1&2 | Step back on L, Step together on R, Step Back on L with ¼ turn L |

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| 3-4 | Cross R over L, Take a small step back on L, (Restart at Beginning) |

**Left & Right Lock Back, Touch Left Toe Back, Unwind ½ Turn,1/4 Turn Rock, Recover,Cross**

|  |  |
| --- | --- |
| 1&2 | Step Left Foot Back, Lock Right In Front, Step Left Back |

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| --- | --- |
| 3&4 | Step Right Foot Back, Lock Left in Front, Step Right Back |

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| --- | --- |
| 5 -6 | Touch Left Toe back, Unwind ½ Turn left ( Weight on left Foot) |

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| --- | --- |
| 7&8 | ¼ turn Left Rock onto Right Foot, Recover on left, Cross Right Over Left |

**Chasse Left, Rock Back, Recover, Chasse Right, Cross L over Right Unwind ¾ Turn**

|  |  |
| --- | --- |
| 1&2 | Step left To Side, Close Right To left, Step Left To Side |

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| --- | --- |
| 3 -4 | Rock Back On Right, Recover On Left |

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| --- | --- |
| 5&6 | Step Right To Side, Close Left To Right, Step Right To Side |

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| --- | --- |
| 7 -8 | Cross Left Over Right, Unwind ¾ Turn Right ( Transfer Weight Onto Left) |

**TAG: Wall 4 Tag & Restart here…**

**Right Cross Shuffle, ¼ turnL, Touch R**

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| --- | --- |
| 1&2 | Cross Right over Left, Step Left to Side, Cross Right Over Left |

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| 3-4 | Step Left with ¼ turn, Touch Right next to Left ( Restart from beginning) |

**Right Cross Shuffle, Side Rock, Recover, ¼ Sailor Left, Rock Forward, Recover**

|  |  |
| --- | --- |
| 1&2 | Cross Right Over Left, Step Left To Side, Cross Right Over Left |

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| --- | --- |
| 3 -4 | Rock Left To Side, Recover On Right |

|  |  |
| --- | --- |
| 5&6 | Cross Left Behind Right, ¼ Turn Left, Step Right To Side, Step Left To Side |

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| --- | --- |
| 7 -8 | Rock Forward On to Right, Recover Back on Left |

**Full Turn Over Right, Right Coaster Step. Left Kick Ball Change, Rock Forward, Recover**

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| --- | --- |
| 1 -2 | ½ Turn Right Stepping On Right Foot, ½ Turn Right Stepping On Left Foot |

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| --- | --- |
| 3&4 | Step Back On Right Foot, Step Back on Left Foot, Step Right Foot Forward |

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| --- | --- |
| 5&6 | Kick Left Foot Forward, Step Left Into Right, Step On Right |

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| --- | --- |
| 7 -8 | Rock Forward on Left, Recover On Right |

**Wall 3 Tag and Restart, Change count 7-8**

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| 7 -8 | Long Step Forward on Left, Touch Right In Place. ( Start Again: 48 Counts 3rd Wall) |

**Full Turn Over left, Left Coaster Step, Right Shuffle Forward, Long Step Fwd, Touch R**

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| --- | --- |
| 1 -2 | ½ turn Left Stepping on Left Foot, ½ Turn Left Stepping On Right Foot |

|  |  |
| --- | --- |
| 3&4 | Step Left Foot Back, Step Right Foot Back, Step Left Foot Forward |

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| --- | --- |
| 5&6 | Step Right Forward, Step Left Foot Forward, Step Right Foot Forward |

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| --- | --- |
| 7 -8 | Long Step forward On Left, Touch Right In Place ( Start Again) |

**I would just like to say a big thank you to Kevin Winn, Lake Orion, Michigan, USA for the valuable help in making this dance come alive.**

**This is the finished version that has been choreographed between two countries Scotland and USA.**

**I hope all the dancers will love dancing this dance to a great piece of music by Lady Antebellum called Bottled Up Lightning.**