Bottle It Up

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

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

REPEAT