

# Bottle It Up

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Linda Nyffeler (NZ)

**Music:** If I Could Bottle This Up - Paul Overstreet



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## 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

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