拍数： 64
壇数： 2
级数：Intermediate
编舞者：Lorraine Hillard（AUS）
音乐：If I Could Bottle This Up－Paul Overstreet
STOMP，HOLD，STEP OUT，\＆CROSS，ROCK，STEP，SHUFFLE ACROSS
1－2\＆Stomp right foot forward，hold，step left foot to left
3\＆Step right foot to right，step left foot to center
4－5 Step right foot across front of left foot，step left foot to left
6－7 Recover weight onto right foot，step left foot across in front of right foot
\＆8 Step ball of right foot right（behind left heel），step left foot across in front of right foot
POINT，FULL TURN，POINT \＆CROSS，\＆HIPS 2，3，4
1\＆Point right toe to right，full turn right on ball of left foot
2－3 Step right foot next to left foot，point left toe to left
\＆4 Step left foot next to right foot，step right foot across front of left foot
5－6 Step left foot to left swaying hips left，sway hips to right
7－8 Sway left，sway right
BEHIND，IN FRONT，POINT，½ TURN，STEP，HOLD，\＆STEP，\＆STEP
1\＆Step left foot behind right foot，step right foot slightly right
2－3 Step left foot across front of right foot，point right toe to right
\＆4 $\quad 1 / 2$ turn right on ball of left foot，step right foot next to left foot
5－6 Step left foot forward to left diagonal，hold
\＆7\＆Step right foot to behind left foot，step left foot forward to left diagonal，step right foot to behind left foot
8 Step left foot forward to left diagonal

Steps 5－8 face body toward right diagonal with hands slightly out to sides，palms down looking down to your left hand

## STEP，HOLD，\＆STEP，\＆STEP，\＆OUT，\＆CROSS， $1 ⁄ 2$ TURN

1－2 Step right foot forward to right diagonal，hold
\＆3 Step left foot to behind right foot，step right foot forward to right diagonal
\＆4 Step left foot to behind right foot，step right foot forward to right diagonal
\＆5\＆Step left foot to left，step right foot to right，step left foot to center
$6 \quad$ Step ball of right foot across in front of left foot
7－8 Bending knees－unwind $1 / 2$ turn left using both counts
Steps 1－4 face body toward left diagonal with hands slightly out to sides，palms down looking down to your right hand

STEP，HOLD，STEP HOLD，SHUFFLE TURN，SHUFFLE TURN
1－2 Step right foot forward directly in line with left foot，hold
3－4 Step left foot forward directly in line with right foot，hold
Beats 5－8 travel forward while doing a full turn left
5\＆6 Right shuffle
7\＆8 Left shuffle
STEP，PIVOT，STEP，HOLD，FULL TURN，SHUFFLE
1－2 Step right foot forward，pivot $1 / 2$ turn left transferring weight onto left foot
3－4 Step right foot forward，hold
Beats 5－6 travel forward while doing a full turn right
5－6 Step forward left foot，step forward right foot

## \& OUT, \& HOLD, KNEE, KNEE, SAILOR STEP, SAILOR STEP

\&1-2 Step right foot to right, step left foot to left, hold
3 Pop left knee toward right knee
$4 \quad$ Transfer weight onto left foot and pop right knee toward left knee
$5 \quad$ Step ball of right foot behind left foot, step left foot slightly to left
6-7 Step right foot center, step ball of left foot behind right foot
\&8 Step right foot slightly to right, step left foot center
BEHIND, IN FRONT, ROCK, \& CROSS, \& CROSS, SCUFF, SCUFF, TAP
1\& Step right foot behind left foot, step left foot to left
2-3 Step right foot across front of left foot, step ball of left foot to left
\&4 Transfer weight onto right foot, step left foot across front of right foot
\&5 Step right foot slightly right, step left foot across front of right foot
$6 \quad$ Swing right foot slightly forward scuffing right heel next to left foot
$7 \quad$ Swing right foot back crossing in front of left foot scuffing right toe in front of left foot
8 Tap right toe to the left of left foot
REPEAT
TAG
When dancing to the preferred music (George Jones \& Shelby Lynne) an 8 count tag is needed. Dance the first 2 rotations of the dance then add the first 4 beats of the dance, then unwind $1 / 2$ turn left for 4 counts and continue dance from beginning facing back wall

