

## Bottle This Up

32 count, 4 wall, beginner/intermediate level  
Choreographer: Jo Thompson and Rita Thompson  
(USA) Oct 2005

Choreographed to: If I Could Bottle This Up by  
Scooter Lee, Test Of Time CD (BPM 106)

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### VINE RIGHT, POINT, STEP, POINT, STEP, POINT

1-2 Step Right foot to Right side (1), Step Left foot crossed behind Right (2)

3-4 Step Right foot to Right side (3), Point Left toe across in front of Right (4)

5-6 Step Left foot to Left side (5), Point Right toe across in front of Left (6)

7-8 Step Right foot to Right side (7), Point Left toe across in front of Right (8)

**Option: To add the "soft shoe basic" styling to the above 8 counts, substitute the following:**

1-2 Step Right foot to Right side (1), Step Left foot crossed behind Right (2)

3&4 Step Right foot to Right side (3), Rock ball of Left foot forward, slightly across front of Right (&),  
Replace weight back to Right foot (4)

5&6 Step Left foot to Left side (5), Rock ball of Right foot forward, slightly across front of Left (&),  
Replace weight back to Left foot (6)

7&8 Step Right foot to Right side (7), Rock ball of Left foot forward, slightly across front of Right (&),  
Replace weight back to Right foot (8)

### VINE LEFT, POINT, STEP, POINT, STEP, POINT

1-2 Step Left foot to Left side (1), Step Right foot crossed behind Left (2)

3-4 Step Left foot to Left side (3), Point Right toe across in front of Left (4)

5-6 Step Right foot to Right side (5), Point Left toe across in front of Right (6)

7-8 Step Left foot to Left side (7), Point Right toe across in front of Left (8)

**Option: To add the "soft shoe basic" styling to this 8 counts, do the same concept as above.**

### PADDLE TURN RIGHT 1/2, PADDLE TURN LEFT 3/4

Note: The next 4 counts will turn a total of 1/2 Right.

1 Step Right foot to Right side, turning Right toe out to the Right side (1)

&2 Rock on ball of Left foot to Left side (&), Turn slightly Right shifting weight to Right foot (2)

&3 Rock on ball of Left foot to Left side (&), Turn slightly Right shifting weight to Right foot (3)

&4 Rock on ball of Left foot to Left side (&), Turn slightly Right shifting weight to Right foot (4)

You should have accomplished a total of 1/2 turn Right

Note: The next 4 counts will turn a total of 3/4 Left

5 Step Left foot to Left side, turning Left toe out to the Left side (5)

&6 Rock on ball of Right foot to Right side (&), Turn slightly Left shifting weight to Left foot (6)

&7 Rock on ball of Right foot to Right side (&), Turn slightly Left shifting weight to Left foot (7)

&8 Rock on ball of Right foot to Right side (&), Turn slightly Left shifting weight to Left foot (8)

You should have accomplished a total of 3/4 turn Left.

**Minimal Turn Version: Step in place Right (1), Left (2), Right (3), Hold (4), Step in place Left (5), Right (6), Left turning 1/4 Left (7), Hold (8)**

### ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, COASTER STEP

1-2 Rock forward with Right foot (1), Recover weight back to Left foot (2)

3&4 Step back with Right foot (3), Step together with Left foot (&), Step forward with Right (4)

5-6 Rock forward with Left foot (5), Recover weight back to Right foot (6)

7&8 Step back with Left foot (7), Step together with Right foot (&), Step forward with Left (8)

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