

## Bottle Up Lightning

48 Count, 2 Wall, Intermediate

Choreographer: Karen Kennedy &amp; Ashleigh

McGonagall (UK) June 2011

Choreographed to: Bottle Up Lightning by Lady  
Antebellum, Just A Kiss Cd Single

---

Start On Main Vocals.

**Heel Switches, Step Forward, Kick, ¼ Sailor Turn, Right Mambo**

- 1&2& Touch Right Heel Fwd, Back In Place, Touch Left Heel Fwd, Back In Place  
3-4 Step Fwd on Right Foot, Kick Left Fwd  
5&6 Swing left Foot Behind Right ¼ turn Left, Step Right To Side, Step Left To Side  
7&8 Rock Forward On Right, Recover On Left, Bring Right Back In Place

**Wall 7 Tag & Restart****Shuffle Back with ¼ turn L, Cross Back**

- 1&2 Step back on L, Step together on R, Step Back on L with ¼ turn L  
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, ¼ Turn Rock, Recover, Cross**

- 1&2 Step Left Foot Back, Lock Right In Front, Step Left Back  
3&4 Step Right Foot Back, Lock Left in Front, Step Right Back  
5 -6 Touch Left Toe back, Unwind ½ Turn left ( Weight on left Foot)  
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  
3 -4 Rock Back On Right, Recover On Left  
5&6 Step Right To Side, Close Left To Right, Step Right To Side  
7 -8 Cross Left Over Right, Unwind ¾ Turn Right ( Transfer Weight Onto Left)

**Wall 4 Tag & Restart****Right Cross Shuffle, ¼ turn L, Touch R**

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

- 1 -2 ½ Turn Right Stepping On Right Foot, ½ Turn Right Stepping On Left Foot  
3&4 Step Back On Right Foot, Step Back on Left Foot, Step Right Foot Forward  
5&6 Kick Left Foot Forward, Step Left Into Right, Step On Right  
7 -8 Rock Forward on Left, Recover On Right

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

- 7 -8 Long Step Forward on Left, Touch Right In Place. ( Start Again: 40 Counts 3<sup>rd</sup> Wall)

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

- 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  
5&6 Step Right Forward, Step Left Foot Forward, Step Right Foot Forward  
7 -8 Long Step forward On Left, Touch Right In Place ( Start Again)

**3 Tags – Wall 3, 4, 7**

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.

---