

Bottle It Up

Choreographed by [Linda Nyffeler](#)

Description: 32 count, 4 wall, beginner line dance

Music: If I Could Bottle This Up by Paul Overstreet 104 bpm / [Heroes](#) / [Best of 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 $\frac{1}{4}$ TURN RIGHT, TWIST $\frac{1}{4}$ TURN LEFT

5-8 Stomp left forward, hold, twist $\frac{1}{4}$ turn right, twist $\frac{1}{4}$ 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 $\frac{1}{2}$ TURN TO THE RIGHT

9-10 Rock back on left, step forward on right

11&12 Left, right, left, shuffle doing a $\frac{1}{2}$ 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, $\frac{1}{4}$ TURN TO THE RIGHT

25-28 Rock left foot left, rock right, foot right, step left behind right, turning $\frac{1}{4}$ turn to the right

SHUFFLE, $\frac{1}{2}$ TURN TO THE RIGHT, ROCK STEPS

29&30 Left, right, left shuffle turning $\frac{1}{2}$ turn to the right

31-32 Rock back on right, forward left

REPEAT