

Bottle Your Crazy Up

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Count: 32

Wall: 4

Level: Beginner / Improver Country

Choreographer: Martine CANONNE (FR- may 2015)

Music: Bottle Your Crazy Up by Eileen Carey

Start: 2 x 8 counts.

[1 - 8] HEEL R FWD, TOGETHER, HEEL L FWD, TOUCH L BACK, STEP LOCK STEP L, SCUFF R

- 1 - 2 Touch heel right forward, step right next to left
- 3 - 4 Touch heel left forward, touch point left back
- 5 - 8 Step left forward, lock right behind left, step left forward, scuff right

[9 - 16] MAMBO R, KICK L, BACK L, KICK R, ROCK BACK

- 1 - 2 Step right forward, recover onto left
- 3 - 4 Step right back, kick left
- 5 - 6 Step back on left, kick right
- 7 - 8 Rock back right, recover onto left

[17 - 24] STEP ¼ TURN L, CROSS R, TOUCH SIDE L, CROSS L, MONTEREY ¼ R MODIFIED

- 1 - 2 Step right forward, ¼ turn left (09 :00)
- 3 - 4 Cross right over left, touch point left side
- 5 - 6 Cross left over right, touch point right side
- 7 - 8¼ **turn right with step right next to left, touch point left side (12 :00)**

***** Wall 4 : replace count 8 by STOMP LEFT (weight on left) and RESTART**

[25 - 32] CROSS, SIDE, BEHIND, ¼ TURN R, STEP TURN STEP, CLAP

- 1 - 2 Cross left over right, step right to right
- 3 - 4 Cross left behind right, step ¼ turn right forward (03 :00)
- 5 - 6 Step left forward, ½ turn right (weight on right) (09 :00)
- 7 - 8 Step left forward, clap hands

TAG : * End of walls 7 and 8 : add 8 counts**

STEP TURN STEP, CLAP, STEP TURN STEP, CLAP

- 1 - 2** Step left forward, $\frac{1}{2}$ turn right (weight on right)
- 3 - 4** Step left forward, clap hands
- 5 - 6** Step left forward, $\frac{1}{2}$ turn right (weight on right)
- 7 - 8** Step left forward, clap hands

NOTA for finish : Make the first 7 time, then 8th time, make $\frac{1}{4}$ turn left with scuff and side.

RESTART FROM THE TOP AND KEEP SMILING

L : Left R : Right

Merci de ne pas modifier ces pas de danse. Si vous souhaitez les mettre sur votre site web, merci d'utiliser ce format.

<http://danseavecmartineherve.fr/>