

IF I COULD BOTTLE THIS UP!

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Pauline Bell

Music: If I Could Bottle This Up by Paul Overstreet

RIGHT KICKBALL CHANGE, SCUFF, BRUSH, BRUSH, TURN, PIVOT ¼ TURN

- 1&2** Kick right forward, step right beside left, step left in place
- 3-4** Scuff right foot forward, brush right foot back
- 5-6** Brush right foot forward, touch right foot to right side
- 7-8** Pivot ¼ turn right, pivot half turn left

LEFT ROCK, LEFT SAILOR, RIGHT SAILOR ¼ TURN, LEFT BACK ROCK

- 9-10** Rock left to left side, rock back onto right
- 11&12** Cross left behind right, step right to right side, step left in place
- 13&14** Cross right behind left, step left to left side, step right in place (turning ¼ left)
- 15-16** Rock back onto left, rock forward onto right

KICK BALL CHANGE, FORWARD ROCK, SHUFFLE BACK, SWEEP TURN

- 17&18** Kick left forward, step left beside left, step right in place
- 19-20** Rock forward on left, rock back onto right
- 21&22** Step left back, close right to left, step back left
- 23-24** Swing/sweep right foot out from back to front, pivot half turn right

LEFT SAILOR, RIGHT SAILOR, BEHIND UNWIND, RIGHT ROCK

- 25&26** Cross left behind right, step right to right side, step left in place
- 27&28** Cross right behind left, step left to left side, step right in place, (turning ¼ left)
- 29-30** Point left behind right, unwind half a turn left
- 31-32** Rock to right side on right, rock back onto left

REPEAT