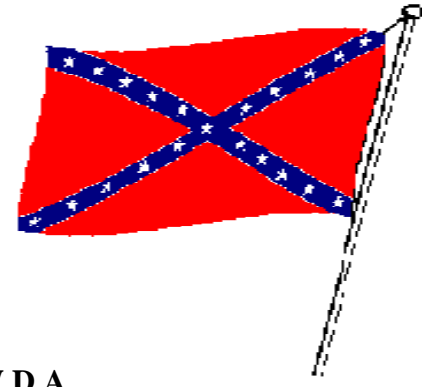
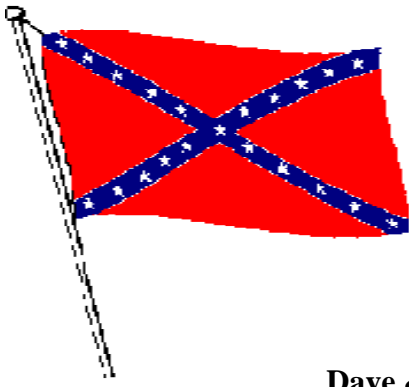


# DIXIE LINERS



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## BOTTLE IT UP

32 COUNT,

4 WALL, BEGINNER LINE DANCE

BEATS	DANCE STEPS
SEC 1	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
SEC 2	LEFT STOMP FORWARD, HOLD, TWIST ¼ TURN RIGHT, TWIST ¼ TURN LEFT
5-8	Stomp left forward, hold, twist ¼ turn right, twist ¼ turn left You are now facing the front again
	Hand movements optional: left hand extended in front of chest on the 1st count
SEC 3	ROCK BACK ON LEFT, STEP FORWARD ON RIGHT, SHUFFLE ½ TURN TO THE RIGHT
9-10	Rock back on left, step forward on right
11&12	Left, right, left, shuffle doing a ½ turn to the right
SEC 4	BACK RIGHT, FORWARD LEFT, SHUFFLE
13-14	Step back on right, step forward on left
15&16	Right, left, right shuffle forward
SEC 5	STOMP, HOLD SYNCOPATED VINE & TWINKLE LEFT X 2
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
SEC 6	LEFT, ROCK RIGHT, VINE RIGHT, ¼ TURN TO THE RIGHT
25-28	Rock left foot left, rock right, foot right, step left behind right, turning ¼ turn to the right.
SEC 7	SHUFFLE, ½ TURN TO THE RIGHT, ROCK STEPS
29&30	Left, right, left shuffle turning ½ turn to the right
31-32	Rock back on right, forward left

REPEAT

Choreographed by Linda Nyffeler

Music: If I Could Bottle This Up by Paul Overstreet