Bottle Up the West Coast

Choreo: Jerry and Bonnie Callen, 7707 Wellington Rd 22, Guelph, ON, Canada N1H 6J2
Music: If I Could Bottle This Up (Paul Overstreet) e-mail: jerry@jerrycallen.ca
Sequence: INTRO AB AB A END  Release Date: October 2012
Rhythm: West Coast Swing  Phase IV+2 (Cheek to Cheek, Whip Turn)
Timing: As noted at beginning of measure  Footwork: Opposite except where noted

INTRO

1 - 4  (LOP LOD) WAIT:: SAILOR SHUFFLE 2X::

R 1-2  LOP LOD Wait;;
1&.2,3&.4;  3  {Sailor Shuffle 2X} XLIB/sd R,sd L, XRIB/sd L, sd R;
1&.2,3&.4;  4  XLIB/sd R,sd L, XRIB/sd L, sd R;

5 - 8  SD BRKS 2S; 4Q: KICK BALL CHNG 2X; BK 2 & PT;

1&.2,3&.4&.;  5  {Side Breaks 2 Slo} Push stp L/push stp R , cl L/cl R ;
1&.2,3&.4&.;  6  {Side Breaks 4 Quick} Push stp L/push stp R, cl L/cl R, push stp L/push stp R, cl L/cl R;
1&.2,3&.4;  7  {Kick Ball Change 2X} Kick L fwd/cl L, cl R, kick L fwd/cl L, cl R;
1,2,3,-;  8  {Back 2 & Point} Bk L, bk R, point L COH ,;

PART A

1 - 4  SUGAR PUSH:: UNDRARM TRN:: TUCK & SPN;

1,2,-,4; 5&.6.  {Sugar Push} Bk L, bk R tight BFLY, tap L, fwd L; anchor R/L,R, (fwd R, fwd L slight RF trn, tap RIB, bk R; anchor L/R,L)
1,2,3&.4,5&.6;  {Underarm Turn} Bk L, fwd R to W’s R sd trn RF; sd & fwd L trn RF/rec R, fwd L fc RLOD, anchor R/L,R (Fwd R, fwd L trn LF under jnd lead hnds; sd R/XLIB cont trn LF, bk R, anchor L/R,L);
1,2,-,4;  {Tuck and Spin} Bk L, bk R tight BFLY, tap L, fwd L (fwd R, fwd L slight LF trn, tap R IBL, spin RF full trn fc ptr);

5 - 8  CONT TUCK & SPN., L SD PASS:: WRAPPED WHIP::

5&.6,  {Continue Tuck & Spin} anchor R/L,R (anchor L/R,L)
1,2,3&.4,5&.6;  {Left Side Pass} Bk L trn ¼ LF fc WALL, cl R lead W to M’s L sd, trn LF fc LOD fwd L/cl R, fwd L, anchor R/L,R (fwd R, fwd L comm LF trn; fwd & sd R trn LF/XLIB cont trn, bk R fc ptr, anchor L/R,L);
1,2,3&.4;  {Wrapped Whip} Bk L to dbl hnd hld, XRIB trn ¼ RF bring M’s L W’s R over W’s head sd L cont trn/cl R (fwd R, fwd L, fwd R/cl L, bk R); XRIB trn RF release M’s R W’s L hnds, sd L trn fc LOD, anchor R/L,R (bk L, bk R, anchor L/R,L);

9 - 16  REPEAT PART A MEAS 1-8

PART B

1 – 4  SUGAR PUSH:: KICK BALL CHNG:: WHIP TRN::

1,2,-,4; 5&.6,  {Sugar Push} Bk L, bk R tight BFLY, tap L, fwd L; anchor R/L,R (fwd R, fwd L slight RF trn, tap RIB, bk R; anchor L/R,L),
1&.2;  {Kick Ball Change} Kick L fwd/cl L, cl R;
1,2,3&.4;  {Whip Turn} Bk L, fwd & sd R to W’s R sd start trn ¼ RF to CP, sd L cont trn/fwd R, sd & fwd L trn ¼ (fwd R, fwd L trn ½ RF to CP, bk R/cl L, fwd R between M’s ft trn ½ RF); XRIB trn ½ RF, fwd L to OP fc ptr, anchor R/L,R (bk L, bk R, anchor L/R,L);
5 - 8
M’s UNDRARM TRN;; SUGAR PUSH;; L SD PASS;
1.2,3,4,5,6,
{Man’s Underarm Turn} Bk L, fwd & sd R trn RF $\frac{1}{4}$ under joined ld hnds, sd L trn $\frac{1}{4}$ RF/ fwd R, fwd L; anchor R/L,R, (fwd R, fwd L trn $\frac{1}{4}$ RF, sd R/XLIF trn $\frac{1}{4}$ LF, bk R; anchor L/R,L),
1.2,3,4,5,6;
{Sugar Push} Bk L, bk R tight BFLY, tap L, fwd L; anchor R/L,R, (fwd R, fwd L slight RF trn, tap RIB, bk R; anchor L/R,L),
1.2,3,4,5,6;
{Left Side Pass} Bk L trn $\frac{1}{4}$ LF fc WALL, cl R lead W to M’s L sd, fwd L/cl R, fwd L fc LOD (fwd R, fwd L comm LF trn; fwd & sd R trn LF/XLIF cont trn, bk R fc ptr, anchor L/R,L);
9 - 12
CONT L SD PASS, CHEEK to CHEEK;; WRAPPED WHIP;;
5,6,7,8,
{Continue Left Side Pass} anchor R/L,R (anchor L/R,L),
1.2,3,4,5,6,7,8;
{Cheek to Cheek} Bk L, rec R comm RF trn (trn LF); lift L knee up cont trn tch L hip to W’s R hip, XLIF trn LF (trn RF) to fc ptr, anchor R/L,R, (anchor L/R,L),
1.2,3,4,5,6,7,8;
{Wrapped Whip} Bk L to dbl hnd hold, XRIF trn $\frac{1}{4}$ RF bring M’s L W’s R over W’s head sd L cont trn/cl R (fwd R, fwd L, fwd R/cl L, bk R); XRIB trn RF release M’s R W’s L hnds, sd L trn fc LOD, anchor R/L,R (bk L, bk R, anchor L/R,L);
13 - 16
SUGAR PUSH;; KICK BALL CHNG;; WHIP TRN
1.2,4,5,6,
{Sugar Push} Bk L, bk R tight BFLY, tap L, fwd L; anchor R/L,R, (fwd R, fwd L slight RF trn, tap RIB, bk R; anchor L/R,L),
1.2,3,4,5,6,7,8;
{Kick Ball Change} Kick L fwd/cl L, cl R;
1.2,3,4,5,6,7,8;
{Whip Turn} Bk L, fwd & sd R to W’s R sd start trn $\frac{1}{4}$ RF to CP, sd L cont trn/fwd R, sd & fwd L trn $\frac{1}{4}$ (fwd R, fwd L trn $\frac{1}{2}$ RF to CP, bk R/cl L, fwd R between M’s ft trn $\frac{1}{2}$ RF); XRIB trn $\frac{1}{2}$ RF, fnd L to OP fc ptr, anchor R/L,R (bk L, bk R, anchor L/R,L);
END
1 - 4
SUGAR PUSH;; UNDRARM TRN;; TUCK & SPN;
1.2,4,5,6,
{Sugar Push} Bk L, bk R tight BFLY, tap L, fwd L; anchor R/L,R, (fwd R, fwd L slight RF trn, tap RIB, bk R; anchor L/R,L),
1.2,3,4,5,6,7,8;
{Underarm Turn} Bk L, fwd R to W’s R sd trn RF; sd & fnd L trn RF/rec R, fnd L fc RLOD, anchor R/L,R, (fwd R, fnd L trn LF under jnd lead hnds; sd R/XLIF cont trn LF, bk R, anchor L/R,L),
1.2,4,5,6,7,8;
{Tuck and Spin} Bk L, bk R tight BFLY, tap L, fwd L; (fwd R, fnd L sligh LF trn, tap RIB, bk R; anchor L/R,L),
5 - 8
CONT TUCK & SPN, L SD PASS;; SUGAR PUSH;; STP APT;
5,6,
{Continue Tuck & Spin} anchor R/L,R, (anchor L/R,L),
1.2,3,4,5,6,7,8;
{Left Side Pass} Bk L trn $\frac{1}{4}$ LF fc WALL, cl R lead W to M’s L sd, trn LF fc LOD fnd L/cl R, fnd L, anchor R/L,R, (fwd R, fnd L comm LF trn; fnd & sd R trn LF/XLIF cont trn, bk R fc ptr, anchor L/R,L),
1.2,3,4,5,6,7,8;
{Sugar Push} Bk L, bk R tight BFLY, tap L, fwd L; anchor R/L,R, (fwd R, fnd L slight RF trn, tap RIB, bk R; anchor L/R,L),
1.2,3,4,5,6,7,8;
{Step Apart} Chng hnds sd L, pt R to ptr & smile;