

## BOTTLE IT UP !!

Composers: Jack & Ann von der Heide  
2104 Botts Dr., Arlington, TX 76012  
Record: RCA 62106-7 "If I Could Bottle This Up" Paul Overstreet. Speed to 47 RPM  
Footwork: Opposite, directions for man except as noted.  
Level: Roundalab PH IV + 1 (Whip Turn) Jive & West Coast Swing  
Sequence: Intro, A, B, A, B, A Mod, Ending.

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### --- INTRO ---

#### 1 - 4 (OpFc/WL) WAIT : APT PT TOG TCH : SD TCH RICHASSE : RK REC WK 2 :

1 - 2 In OpFc/WL wait 1 meas; apt L, pt R, tog R to CP, tch L;  
3 - 4 sd L, tch R, rt chasse to SCP; rk bk L, rec R, fwd L, R;

#### 5 - 8 PRETZEL WRAP : RK FWD REC 2X : UNWRAP PRETZEL : RK BK REC 2X :

5 - 6 to LOD with ld hnds jnd sd L/R, L trn 1/2 rf (W trn 1/2 lf) to bk-to-bk pos, sd R/L, R trn 1/4 rf to LOD (ld hnds jnd beh bk); rk fw L, rec R twice;  
7 - 8 to RLOD with ld hnds jnd sd L/R, L trn 1/4 lf (W trn 1/4 rf), sd R/L, R trn 1/2 lf; to SCP/LOD, rk bk L, rec R twice;

### --- PART A ---

#### 1 - 4 (JIVE WALKS) 2 TRIPPLES : SWIVEL WK 4 : THROWOUT : SUGAR PUSH :

1 - 2 (Jive Walks) fwd L/R, L, R/L, R; swivel wk L, R, L, R;  
3 (Throwout) trn 1/4 lf L/R, L (W fwd R/L, R trn 1/2 lf), xRib/sd L, sd R, (W bk L/clo R fw L) LOpFc/LOD;  
4 (Sgr Psh) bk L, R, tch L (tch M's rt & W's lft hnd) fwd L;

#### 5 - 8 REV UNDERARM TURN :: TOG 2 RETURNING BASIC RK REC ::

5 - 6 xRib/sd L, sd R (W bkL/clo R fwd L), (Rev U/A Trn) bk L trng 1/4 rf bring jnd lead hnds bet faces, sm fwd R cont 1/4 rf trn (W fwd R, L); sd & fwd L to fc RtOD/clo R, fwd L, xRib/sd L, sd R (W fwd R/L, R trn 1/2 lf, bk L/clo R, fw L);  
7 - 8 wk tog L, R to fc COH (W WL), (Trng Basic) trn 1/4 rf sd L/clo R, sd L; trn 1/4 rf sd R/clo L, sd R CP/WL, rk bk L SCP, rec R;

#### 9 - 12 3 SOLO CHASSE ROLLS RK REC :: 3 SOLO CHASSE ROLLS RK REC ::

9 - 10 to LOD with no hnds jnd sd L/R, L trn 1/2 rf (W trn 1/2 lf) to bk-to-bk pos, sd R/L, R trn 1/2 rf to fc Ptr; sd L/R, L trn 1/4 rf to HafLOP/RLOD, rk bk R, rec L to fc;  
11 - 12 to RLOD no hnds jnd sd R/L, R trn 1/2 lf (W trn 1/2 rf), sd L/R, L trn 1/2 lf; sd R/L, R trn 1/4 lf to HafOP/LOD, rk bk L, rec R to fc;

#### 13 - 16 CHG PLC R TO L : RK REC CHG HND BEH BK RK REC :: (#) OPN VIN 3 PKUP :

13 - 14 sd L/R, L trng 1/4 lf, sd R/L, R trng 1/4 lf COH (W trn undr rf to fc M); rk apt L, rec R, fwd L/R (chg W's rt hnd to M's rt hnd), L trng 1/4 lf (W rf);  
15 - 16 bk R/L (chg W's rt hnd to M's lft hnd), R trng 1/4 lf, rk apt, rec LOpFc/WL; sd L, xRib, sd L, sm xRif (W pkup) CP/LOD; (#) Note: 3rd time thru, change meas 16 to OPN VIN 4;

## BOTTLE IT UP II Continued

--- PART B ---

- 1 - 4 FoxTrot 2 DIA TURNS :: SD TCH RICHASSE SCAR : CHKFWD REC SD X BJO :  
1 - 2 fwd L DLC trng 1/4 lf, -, sd & bk R, bk L blending to BJO; bk R DLW trng 1/4 lf, -, sd & fw L, fw R (fcng DRW);  
3 - 4 sd L, tch R, sd R/L, R SCAR/DRC; chkLif (W chkRib), rec R sd L, xRif (W xLib) BJO/DRW;
- 5 - 8 FoxTrot 2 DIA TURNS :: SD TCH RICHASSE SCAR : CHKFWD REC SD X BJO :  
5 - 6 fwd L DRW trng 1/4 lf, -, sd & bk R, bk L; bk R DRC trng 1/4 lf, -, sd & fw L, fw R (fcng DC);  
7 - 8 sd L, tch R, sd R/L, R SCAR/DW; chkLif (W chkRib), rec R sd L, xRif (W xLib) BJO/DC;
- 9 - 12 LINK : WHIP TRN SCP/RLOD : RK REC R TO L (Rt Hnds) RK REC ::  
9 rk apt L, rec R, chasse log sd L/R, L trng 1/4 rf to CP/WL;  
10 xRib, sd L trng 1/4 rf, sd R/L, R trng 1/4 rf (W fwd L trng rf, fwd R bet M's feet, cont rf trn sd L/R, L) SCP/RLOD;  
11-12 rk bk L, rec R, sd L/R, L trng 1/4 lf; sd R/L, R fc RLOD (W trn undr rf to fc M) join rt hnds, rk apt L, rec R;
- 13-16 4 TRPL WHEEL (W SPIN) WL :: LINK ROCK RK REC ::  
13-14 whl rf L/R, L pat W on bk w/lft hnd (W R/L, R trng away from ptr), cont rf whl R/L, R trng away from ptr (W L/R, L trng twd ptr & pat M on bk w/lft hnd); cont rf whl L/R, L pat W on bk w/lft hnd (W R/L, R trng away from ptr), end rf whl R/L, R to fc WL lead ptr to rf spin (W rf spin L/R, L to fc ptr);  
15-16 join ld hnds rk apt L, rec R, chasse L/R, L; chasse R/L, R SCP, rk bk L, rec R;

--- ENDING ---

- 1 - 4 (JIVE WALKS) 2 TRPLS : SWVL WK 4 : (JIVE WALKS) 2 TRPLS : SWVL WK 4 :  
1 - 2 repeat part A meas 1 & 2 ;;  
3 - 4 repeat part A meas 1 & 2 ;;
- 5 - 8 CHG R TO L : RK REC CHG HNDS BEH BK RK REC :: OPN VIN 4 :  
5 - 6 repeat part A meas 13 & 14 ;;  
7 - 8 repeat part A meas 15; sd L, xRib (W xLib), sd L, xRif (W xLib) end CP/WL;
- 9 - PROMENADE SWAY CHANGE SWAY :  
9 sd L to SCP look ovr jnd ld hnds rt leg extended, -, relax lft knee and chng swy to RSCP/RLOD, -;

Choreographers original dance was released in February, 1990, to EPIC #34-08011; "If I Could Bottle This Up", George Jones & Shelby Lynne. This record is no longer available.