

Bottle Pop

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Francien Sittrop (NL)

Music: Last Night – Ian Carey (Shot Radio Edit)feat Snoop Dogg & Bobby Anthony (3.08)

Intro: Start after 16 counts

[1 – 8] Out , Out (squats), Shuffle Back, Rock Recover, Kick Ball Step

1 – 2 Step R out , Step L out (bend knees)

3 & 4 Step R Back, Step L next to R, Step R back

5 – 6 Rock L back Recover on R

7 & 8 Kick L fwd, Step L down, Step R fwd

[9-16] Step Pivot ½ Turn R, Fwd , Toe Touches, ¼ Turn R with Body Roll

1 – 2 Step L fwd, ½ Turn R (06.00)

3 – 4 Step L Fwd, Touch R to R side

&5&6 Step R next to L, Touch L to L side, Step L next R, Touch R toe to R side

7 - 8 Body roll with ¼ Turn R , Step Down on R (weight ends on R) (09.00)

[17-24] Rocking Chair, Step Pivot ¼ R, Cross Shuffle

1 – 4 Rock L fwd, Recover on R, Rock L back , Recover on R

5 – 6 Step L fwd , Pivot ¼ Turn R (12.00)

7 & 8 Step L across R, Step R to R side, Step L across R

[25-32] Dip , Raise , Diag fwd Shuffle, Cross Rock , Step Back & Drag

1 – 2 Step R big Step R with knees Bend, Raise and Step L next to R

3 & 4 Step R Diag R fwd, Step L next to R, Step R fwd

5 – 6 Rock L across R, Recover on R

7 – 8 L step Back , Drag R next to L***** Restart here wall 3 & 6 (12.00)

[33-40] Roll Out Out, Knee pop in , Out with ¼ Turn R, Hitch, Coaster Step, Step fwd

1 – 2 Step R to R side and Roll R knee out, Roll L knee out

3 – 4 Pop R knee in. Pop R knee out with ¼ Turn R (03.00)

5 Hitch R knee

6 & 7 Step R back, Step L next to R, Step R fwd

8 Step L fwd

[41-48] Out Out, Swivels in, ¼ L with shuffle back, Shuffle ½ Turn L

1 – 2 Step R out , Step L out

3 & 4 Swivel Both Heels in, Both toes in , Both Heels in (weight ends on L)

5 & 6 ¼ Turn L Step R back, Step L next to R, Step R back (12.00)

7 & 8 Shuffle ½ Turn L with L , R, L ***** Restart here wall 4 (06.00)

[49-56] Knee Pops (Lift also Shoulders), Touch Back, ½ Turn R

1 & 2 Step R fwd, Pop both knees , Both heels down

3 & 4 Step R back, Pop both knees , Both heels down

5 & 6 Step L back, Pop both knees , Both heels down

7 – 8 Touch R back, ½ Turn R (12.00)

Option : count 1 – 6 Pop your shoulders when you do the knee pops

[57-64] Jazz Box ¼ Turn L, Cross Rock Recover, Touch Side , ¼ Turn L

1 – 2 Step L across R, Step R back

3 – 4 ¼ Turn L step L fwd, Step R fwd (09.00)

5 – 6 Rock L across R, Recover on R

7 – 8 Touch L to L side, ¼ Turn L (weight ends on L (06.00)

Option; Hand moves 7 – 8 : Put your fist in front of your body(7) and pull yourself a ¼ Turn L(8)

Restarts:

Wall 3 & 6 after count 32 start again with count 1

Wall 4 after count 48 start again with count 1