

Bottle Up the West Coast

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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) **Speed : -4%**
Timing As noted at beginning of measure **Footwork : Opposite except where noted**

INTRO

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

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&,-,3&,-; 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/XLIF 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, tapR 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/XLIF cont trn, bk R fc ptr, anchor L/R,L;*)
1,2,3&,4; {**Wrapped Whip**} Bk L to dbl hnd hold, XRIF trn ¼ RF bring M's L W's R over W's head
5,6,7&,8; 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 &
5,6,7&,8; 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

1,2,3&4;5&6,
1,2;-4,5&6;
1,2,3&4;

M's UNDRARM TRN;,, SUGAR PUSH; L SD PASS;

{**Man's Underarm Turn**} Bk L, fwd & sd R trn RF ¼ under joined ld hnds, sd L trn ¼ RF/ fwd R, fwd L; anchor R/L,R (*fwd R, fwd L trn ¼ LF, sd R/XLIF trn ¼ LF, bk R; anchor L/R,L*),
{**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*)
{**Left Side Pass**} Bk L trn ¼ 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

5&6,
1,2;-4,5&6;
1,2,3&4;
5,6,7&8;

CONT L SD PASS,, CHEEK to CHEEK; WRAPPED WHIP;:

{**Continue Left Side Pass**} anchor R/L,R (*anchor L/R,L*),
{**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*);
{**Wrapped Whip**}) Bk L to dbl hnd hold, XRIF 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*);

13 - 16

1,2,-4; 5&6,
1&2;
1,2,3&4;
5,6,7&8;

SUGAR PUSH;,, KICK BALL CHNG; WHIP TRN

{**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*),
{**Kick Ball Change**} Kick L fwd/cl L, cl R;
{**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*);

END

1 - 4

1,2,-4; 5&6,
1,2;3&4,5&6;
1,2,-4;

SUGAR PUSH;,, UNDRARM TRN; TUCK & SPN;

{**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*)
{**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/XLIF cont trn LF, bk R, anchor L/R,L*);
{**Tuck and Spin**} Bk L, bk R tight BFLY, tap L, fwd L; (*fwd R, fwd L slight LF trn, tapR IBL, spin RF full trn fc ptr*);

5 - 8

5&6,
1,2;3&4,5&6;
1,2,-4; 5&6,
1,-

CONT TUCK & SPN,, L SD PASS; SUGAR PUSH;,, STP APT;

{**Continue Tuck & Spin**} anchor R/L,R, (*anchor L/R,L*)
{**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/XLIF cont trn, bk R fc ptr, anchor L/R,L*);
{**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*),
{**Step Apart**} Chng hnds sd L, pt R to ptr & smile;