

# Bottle up Lightning

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**Count:** 56

**Wall:** 4

**Level:** Phrased Easy Intermediate

**Choreographer:** Judy Rodgers (USA) Sept 2011

**Music:** Bottle up Lightning by Lady Antebellum; CD: bonus track on Need You Now or single

**32 count intro from heavy beat (starts on vocals) - (starting wall/clock in parenthesis)**

**Sequence: A(12), A(6), B(12), B(3), B(6), A(9) (restart), A(9), B(3), B(6), B(9) (4 cnt tag), B(12), B(3), B(6), B(9)**

**Part A (Verse)...32 counts (walls 1, 2, 6, 7):**

**STEP, BEHIND, STEP, BEHIND, STEP, BEHIND, SCISSOR CROSS**

**1-6** Step right to right, step left behind (3) \* (drop right shoulder on R ft, left shoulder on L ft)

**7&8** Step right to right, step left together, step right across left (12:00)

**SIDE ROCK, RECOVER, SAILOR TURN ¼ L, KICK BALL CHANGE, PIVOT ¼**

**1-2** Rock left to left, recover to right

**3&4** Step left behind right, turn ¼ left step right together, step left slightly forward (9:00)

**5&6** Kick right forward, step down on right, step left forward

**7-8** Step right forward, turn ¼ left stepping down on left (6:00)

**CROSS, SIDE, CROSS & CROSS, SIDE ROCK, RECOVER, SAILOR TURN ½**

**1-2** Cross step right over left, step left to side

**3&4** Cross right over left, step left to side, cross right over left

**5-6** Rock left to left, recover to right

**7&8** Step left behind right, turn ½ left stepping down on right, step forward on left (12:00)

**RIGHT HIP BUMPS, LEFT HIP BUMPS, ROCK, RECOVER, TURN ½ R WALK, WALK**

**1&2** Step forward right, bump right, left, right

**3&4** Step forward left, bump left, right, left \*\*\*\* restart here on wall 6 (facing 9:00)\*\*\*\*

**5-6** Rock right forward, recover to left

**7-8** Turn ½ right step right forward, step left forward (6:00)

**Part B (Chorus)...24 counts (walls 3, 4, 5, 8, 9, 10, 11, 12, 13, 14):**

### **KICK BALL CROSS, STEP DRAG, ROLLING VINE WITH CROSS**

- 1&2** Right kick, step down on right, step left across right (12:00)  
**3-4** Step big step right, drag left to right  
**5-6** Turn  $\frac{1}{4}$  left step left forward, turn  $\frac{1}{2}$  left step right back  
**7-8** Turn  $\frac{1}{4}$  left step left to left side, cross right over left (12:00)

### **STEP, DRAG, BALL CROSS SIDE, BEHIND, SIDE, CROSSING SHUFFLE**

- 1-2** Left take big step left, drag right beside left  
**&3-4** Step right together, cross left over right, step right to right side  
**5-6** Step left behind right, step right to side  
**7&8** Step left across right, step right to right, step left cross right

### **TURN $\frac{1}{4}$ , TURN $\frac{1}{2}$ , SHUFFLE FORWARD, ROCK, RECOVER, COASTER STEP**

- 1-2** Turn  $\frac{1}{4}$  left stepping right back, turn  $\frac{1}{2}$  left stepping left forward (3:00)  
**3&4** Shuffle forward right, left, right  
**5-6** Rock left forward, recover right  
**7-8** Step left back, step right together, step left forward

**TAG: 4-count tag after Wall 10 (facing 12:00) Rock R to side, recover L, rock R back, recover L**