

## Bottle Your Crazy Up

32 Count, 4 Wall, Beginner

Choreographer: Martine Canonne (FR) May 2015

Choreographed to: Bottle Your Crazy Up by Eileen Carey

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**Start: 2 x 8 counts.**

**[1 – 8] HEEL R FWD, TOGETHER, HEEL L FWD, TOUCH L BACK, STEP LOCK STEP L, SCUFF R**  
1 – 2 Touch heel right forward, step right next to left  
3 – 4 Touch heel left forward, touch point left back  
5 – 8 Step left forward, lock right behind left, step left forward, scuff right

**[9 – 16] MAMBO R, KICK L, BACK L, KICK R, ROCK BACK**  
1 – 2 Step right forward, recover onto left  
3 – 4 Step right back, kick left  
5 – 6 Step back on left, kick right  
7 – 8 Rock back right, recover onto left

**[17 – 24] STEP ¼ TURN L, CROSS R, TOUCH SIDE L, CROSS L, MONTEREY ¼ R MODIFIED**  
1 – 2 Step right forward, ¼ turn left (09 :00)  
3 – 4 Cross right over left, touch point left side  
5 – 6 Cross left over right, touch point right side  
7 – 8 ¼ turn right with step right next to left, touch point left side (12:00)

**\*\*\*Wall 4 : replace count 8 by STOMP LEFT (weight on left) and RESTART**

**[25 – 32] CROSS, SIDE, BEHIND, ¼ TURN R, STEP TURN STEP, CLAP**  
1 – 2 Cross left over right, step right to right  
3 – 4 Cross left behind right, step ¼ turn right forward (03 :00)  
5 – 6 Step left forward, ½ turn right (weight on right) (09 :00)  
7 – 8 Step left forward, clap hands

**TAG : \*\*\*End of walls 7 and 8 : add 8 counts**

**STEP TURN STEP, CLAP, STEP TURN STEP, CLAP**  
1 – 2 Step left forward, ½ turn right (weight on right)  
3 – 4 Step left forward, clap hands  
5 – 6 Step left forward, ½ turn right (weight on right)  
7 – 8 Step left forward, clap hands

**NOTA for finish : Make the first 7 time, then 8th time, make ¼ turn left with scuff and side.**

**RESTART FROM THE TOP AND KEEP SMILING**

**L : Left R : Right**

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Music download available from