

Message In A Bottle

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Count: 64 **Wall:** 4 **Level:** High Intermediate

Choreographer: Jo Kinser (UK) & John Kinser (US) July 2014

Music: "Message In A Bottle" by Amanda Wood 6:02. (Acoustic)

Intro: Start on the vocals, 32 counts

[1-8] Diagonal Lt Cross, Side Rt, Lt Crossing Shuffle, Rt Rock Step, Rt Lock Back

- 1,2** Step Lt across Rt facing Rt diagonal (1:00), Step Rt slightly fwd and to Rt side
- 3&4** Step Lt across Rt, Step Rt slightly fwd and to Rt side, Step Lt across Rt
- 5,6** Rock Rt fwd, Replace weight Lt (still facing 1:00)
- 7&8** Step Rt back, Step Lt across Rt, Step Rt back (start to open upper body 1/8th turn Rt)

[9-16] 1/8th Lt Back Toe Heel, Rt Toe Heel, Side Cross Back, Side Together

- 1,2** Make 1/8 turn Rt pressing Lt toe slightly back, Drop Lt Heel (3:00)
- 3,4** Press Rt toe to Rt side, Drop Rt Heel
- 5,6,7** Step Lt slightly to Lt, Step Rt across Lt, Step Lt back
- 8&** Step Rt to Rt, Step Lt next to Rt

[17-24] Rt Fwd, Lt Rock Step, Lt Step Lock Back, Rt Back Rock, Step 1/2 Turn Lt

- 1** Step Rt fwd
- 2,3** Rock Lt fwd, Replace weight Rt
- 4&5** Step Lt back, Step Rt across Lt, Step Lt back
- 6,7** Rock Rt back, Replace weight Lt
- 8&** Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (9:00)

[25-32] Rt Fwd, Walk Fwd Lt, Rt, Lt Mambo Step, Back Rt, Shuffle 1/2 Turn Lt

- 1,2,3** Step Rt fwd, Walk fwd Lt, Rt
- 4&5** Rock Lt fwd, Replace weight Rt, Step Lt next to Rt
- 6** Step Rt back
- 7&8** Make 1/4 turn Lt stepping Lt to Lt (6:00), Step Rt next to Lt, Make 1/4 turn Lt stepping Lt fwd (3:00)

***** Bridge / Tag happens here on the Chorus on walls 2 (12:00), 4 (12:00), and 7 (9:00).**

[33-40] Scuff - Hitch - 1/4 Cross, Side Together, Side Together, 1/4 Turn Lt Shuffle Fwd

- &1,2** Scuff Rt next to Lt (&), Hitch Rt knee High (1), Make 1/4 turn Lt Crossing Rt over Lt (2) (12:00)
- 3,6** Step Lt to Lt (3), Step Rt next to Lt (4), Step Lt to Lt (5), Step Rt next to Lt (6)
- 7&8** Make 1/4 turn Lt stepping Lt fwd (9:00), Step Rt next to Lt, Step Lt fwd

[41-48] Rt Press Roll Hip, Lt Press Roll Hip, Rt Press Roll - Step Together, Lt Crossing Shuffle

- 1&2** Press ball of Rt toe fwd (1), Push Rt hip fwd and up (&), Step Rt next to Lt (2)
- 3&4** Press ball of Lt toe fwd (3), Push Lt hip fwd and up (&), Step Lt next to Rt (4)
- 5&6** Press ball of Rt toe fwd (5), Push Rt hip fwd and up (&), Step Rt slightly back of Lt (6)
- 7&8** Step Lt across Rt, Step Rt to Rt, Step Lt across Rt

[49-56] Rt Rock Step, And Side Roll Hips, Together, Side

- 1,2** Rock Rt to Rt, Replace weight Lt
- &3** Step Rt next to Lt, Step Lt to Lt
- 4,5,6** Roll Hips anti clockwise in a full circle back to the Lt (weight Lt)
- 7,8** Step Rt next to Lt, Step Lt to Lt

[57-64] Rt Rock Back, 1/4 Turn Rt, Hold, 3/4 Paddle Turn Rt

- 1,4** Rock Rt back (1), Replace weight Lt (2), Make 1/4 turn Rt stepping Rt fwd (3) (12:00), Hold
- &5&6** Step the ball of the Lt foot behind the Rt (&), Step the Rt foot fwd making 1/8th turn Rt (5), Repeat for (&6)
- &7&8** Repeat for (&7&8) completing a 3/4 turn back to (9:00)

Bridge/Tag: Repeat 25-32

- 1-8** Rt Fwd, Walk Fwd Lt, Rt, Lt Mambo Step, Back Rt, Shuffle 1/2 Turn Lt. Continue the dance from 33-64.

Ending to face (12:00): This happens on count 17. Make 1/4 turn Lt stepping Rt a Large step to Rt side.

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