Count: 32 Wand: 4 Ebene: Intermediate
Choreograf/in: Joey Warren (USA) - October 2011
Musik: Message in a Bottle - Jay Sean

Step Pivot $1 / 2$ Turn, Ball-Rock-Recover, Ball-Rock-Step, $1 / 4$ Rock \& Cross

1-2-\& $\quad$ Step $R$ fwd, $1 ⁄ 2$ Turn $L$ taking weight on $L$, Step $R$ beside $L$

3-4-\& Rock fwd on L, Recover back on R, Step L back beside R
5-6 Rock back on $R$ opening body to R, Recover to $L$ and body center
7-\&-8 $\quad 1 / 4$ Turn $L$ rocking out on $R$, Recover over to $L$, Cross R over $L$
$1 / 4$ Turn, $1 / 2$ Turn Sweep, Rock-Recover, Weave, Rock-Recover-Slide, Weave w/ 1/4
\&-1 $1 / 4$ Turn $R$ stepping back on $L, 1 / 2$ Turn $R$ stepping fwd on $R$ sweeping $L$ out
2-3 Rock fwd on to L, Recover back on R sweeping L out
4-\&-5 Step $L$ behind $R$, Step $R$ out to $R$, Cross rock $L$ over $R$
\&-6 Recover back on $R$, Step $L$ out to $L$ while dragging $R$ toward $L$
7-\&-8 Step down on R, Step L behind R, ¼ Turn R stepping $R$ fwd

Ball-Step-Coaster, $1 / 4,1 / 4$ Sweep, Weave w/ Cross, Rock-Recover Half Turn
\&-1 Ball step $L$ beside R, Step $R$ fwd w/ bent knee like your dipping down slightly
2-\&-3 Step back on L, Step R back beside L, Step L fwd
4-\&-5 $\quad 1 / 4$ Turn $R$ rocking out on $R, 1 / 4$ Turn $L$ taking weight on $L, 1 / 2$ Turn $L$ stepping back on $R \&$ sweeping $L$ around ( $1 / 4$ turns are quick really meant for lower body/feet)
6-\&-7 Step $L$ behind $R$, Step $R$ out to $R$, Cross $L$ over $R$
8-\&-1 Rock $R$ out to $R, 1 / 4$ Turn $L$ recovering weight to $L, 1 / 4$ Turn $L$ stepping $R$ out to $R$
Basic R, Basic L, Rock-Recover-Step, Step-Half, R Chase Turn
2-\&-3 Rock $L$ behind R, Recover down on R, Big step L with L
4-\&-5 Rock R behind L, Recover down on L, Rock R out to R
\&-6-7 Recover over to $L$, Step $R$ fwd (slightly lift $L$ foot up), $1 / 2$ Turn $L$ stepping $L$ fwd
8-\&-1 Step R fwd, $1 / 2$ Turn L stepping down on L, Step R fwd (this is 1 st count of dance)
Easy Option for last counts
\&-6-7 Recover over to L, Step/Rock R fwd (slightly lift $L$ foot up), Step back on $L$ foot slightly dragging R
8-\&-1 Step back on R, Step L back beside R, Step fwd on R (1st count of dance)
Restarts: The first one occurs during 2nd wall; The second during the 5th wall.
Dance all the first 16 counts and the \& 1 count of the 3 rd eight count. The 1 count is the restart and the start of your dance.
So you do your $1 / 4$ turn weave of the 2 nd 8 and then ball step on the Left and step fwd on the Right which is the start of your dance!

THE END!!!!! NICE AND SHORT!!! PLEASE ENJOY!!!!!

