

**Count:** 64**Wall:** 2**Level:** Improver nightclub**Choreographer:** Lady Lace (UK)**Music:** Message In a Bottle - The Police**ROCK BACK, KICK TWICE, ROCK BACK, SIDE, STOMP**

- 1-2 Rock right behind left, recover
- 3-4 Kick right diagonally forward twice
- 5-6 Rock right behind left, recover
- 7-8 Step right to right side, stomp left beside

**ROCK BACK, KICK TWICE, ROCK BACK, SIDE, STOMP**

- 1-2 Rock left behind right, recover
- 3-4 Kick left diagonally forward twice
- 5-6 Rock left behind right, recover
- 7-8 Step left to left side, stomp right beside

**ROCKING CHAIR, STEP LOCK, STEP BRUSH**

- 1-2 Rock forward onto right, recover
- 3-4 Rock back onto right, recover
- 5-6 Step right forward, lock step left behind
- 7-8 Step right forward, scuff left beside right and forward

**ROCKING CHAIR, STEP PIVOT ½, STEP, BRUSH**

- 1-2 Rock forward onto left, recover
- 3-4 Rock back onto left, recover
- 5-6 Step left forward, pivot ½ turn right, weight on right
- 7-8 Step left forward, scuff right beside left and forward

**FORWARD HEEL STRUTS, BACK TOE STRUTS**

- 1-2 Touch right heel forward, step down (towards right corner)
- 3-4 Touch left heel forward, step down
- 5-6 Touch ball of right back, step down
- 7-8 Touch ball of left back, step down

**FORWARD HEEL STRUTS, BACK TOE STRUTS**

- 1-2 Touch right heel forward, step down (towards left corner)
- 3-4 Touch left heel forward, step down
- 5-6 Touch ball of right back, step down
- 7-8 Touch ball of left back, step down

**BACK RIGHT, LOCK, BACK HITCH, BACK LEFT, LOCK, BACK HITCH**

- 1-2 Step right back, lock step left over right
- 3-4 Step right back, hitch left
- 5-6 Step left back, lock step right over left
- 7-8 Step left back, hitch right

**CROSS, BACK, SIDE HOLD, FULL TURN LEFT, HOLD**

- 1-2 Cross step right over left, step back onto left
- 3-4 Step right to right side, hold
- 5-6 Making ¼ turn left step left forward, step right ¼ turn left

7-8 Making ½ turn left step left to side, hold  
Easier option: step left to left side, bring right beside left, step left to side, hold

**REPEAT**

**TAG**

End of 2nd wall

**BACK ROCK RIGHT, SIDE STEP, BACK ROCK LEFT, SIDE STEP**

1-4 Rock right behind left, recover, step right to side, hold

5-8 Rock left behind right, recover, step left to side, hold

**RESTART**

Restart 5th wall after 48 counts facing back

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