

My Message to You

Compte: 32

Mur: 4

Niveau: High Beginner



Chorégraphe: Hana Ries (USA) - November 2023

Musique: Three Little Birds - Bob Marley & The Wailers

ou: Rockin' Around the Christmas Tree - Brenda Lee

Intro 16 Counts. Start dancing on lyrics.

(Read: R=right foot, L=left foot)

Rotation - Counter-clockwise

STEP/HITCH 3X, ROCK/RECOVER, STEP/HITCH 3X, ROCK/RECOVER (12:00→12:00)

1&2& Step R to right side, Hitch L knee slightly up, Step L down, Hitch R knee slightly up

3&4& Step R down, Hitch L knee slightly up, Rock L behind R, Recover to R

5&6& Step L to left side, Hitch R knee slightly up, Step R down, Hitch L knee slightly up

7&8& Step L down, Hitch R knee slightly up, Rock R behind L, Recover to L

Styling option: On counts 4& (rock/recover) turn ¼ left towards the side wall (face 9:00), then turn back to 12:00 before the next step/hitch. and on counts 8& (rock/recover) – Turn ¼ right towards the side wall (face 3:00), turn back to 12:00 before the next move.

RHYTHMIC WEAWE, ¼ PIVOT, ROCKING CHAIR, WALK (12:00→9:00)

1-2&3 Step R to right, Step L behind R, Step R to right, Cross L over R

4& Step R to right, Turn ¼ left and step L forward

5&6& Rock R forward, Recover to L, Rock R back, Recover to L

7-8 Step R forward, Step L forward

STEP-TOUCH COMBINATIONS (9:00→9:00)

1&2& Step R to right, Touch L next to R, Step L to left, Touch R next to L

3&4& Step R to right, Step L next to R, Step R to right, Touch L next to R

5&6& Step L to left, Touch R next to L, Step R to right, Touch L next to R

7&8 Step L to left, Step R next to L, Step L to left

Styling option: On counts 1-4 travel slightly diagonally forward right. On counts 5-8 travel slightly diagonally forward left.

GRINDING ROCKING CHAIR TWICE, FULL REVERSE TURN (9:00→9:00)

1&2& Grind R heel over L, Recover to L, Rock R back, Recover to L

3&4& Grind R heel over L, Recover to L, Rock R back, Recover to L (9:00)

5&6& Turn ¼ left and step R to right, Hitch L (6:00), Turn ¼ left and step L down, Hitch R (3:00)

7&8& Turn ¼ left and step R down, Hitch L (12:00), Turn ¼ left and step L down, Hitch R (9:00)

REPEAT