

# Message 4 You

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Lois Lightfoot (UK)

Musique: Leave a Message, Juanita - The Derailers



## ROCK SIDE RECOVER, CROSS SHUFFLE, RIGHT & LEFT

- 1-2 Rock right foot out to side, recover weight onto left foot
- 3&4 Step right foot over left, step left to left side, cross right over left foot
- 5-6 Rock left foot out to side, recover weight onto right foot
- 7&8 Cross left foot over right, step right to right side, step left over right

## STEP ½ TURN LEFT, CROSS SHUFFLE, ROCK SIDE, ¼ TURN RIGHT

- 9-10 Step right back making ¼ turn left, step left to side making ¼ turn left
- 11&12 Step right foot over left, step left foot to left side, cross right over left
- 13-14 Rock left foot out to left side, recover weight onto right
- 15&16 Cross left behind right, step right into a ¼ turn right, step left foot forward

## RIGHT KICK BALL STEP TWICE, STEP PIVOT ½ TURN, SHUFFLE FORWARD

- 17&18 Kick right foot forward, step right next to left, step left foot forward
- 19&20 Kick right foot forward, step right next to left, step left foot forward
- 21-22 Step right foot forward, pivot ½ turn to left
- 23&24 Step right foot forward, step left to right, step right foot forward

## LEFT ROCK, COASTER STEP, PIVOT ½ TURN, SHUFFLE FORWARD

- 25-26 Step & rock forward onto left foot, recover weight onto right foot
- 27&28 Step left foot back step right next to left, step left foot forward
- 29-30 Step right foot forward, pivot ½ turn to left
- 31&32 Step right forward, step left next to right, step right forward

## HEEL SWITCHES LEFT & RIGHT CLAP CLAP

- 33& Touch left heel forward, step left foot back in place
- 34& Touch right foot out to side, step right back in place
- 35&36 Touch left foot out to left side, hold & clap hands twice
- &37 Step left back in place, touch right out to right side
- &38 Step right back in place, touch left heel forward
- &39 Step left foot back in place, touch right heel forward
- &40 Hold & clap hands twice

## STEP RIGHT BACK ½ TURN, PIVOT ½ TURN, ROCK, COASTER STEP

- 41-42 Step right foot back, pivot ½ turn over right shoulder
- 43-44 Step left foot forward, pivot ½ turn to right
- 45-46 Step & rock forward onto left foot, recover weight onto right
- 47&48 Step left foot back, step right foot next to left, step left foot forward

## REPEAT