

Message in a Bottle (aka Emma's Dance)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Jessica Louise (USA) - January 2023
音乐: Message In A Bottle (Taylor's Version) (From The Vault) - Taylor Swift



Introduction: 8 count introduction

Sequence: AA, BB, AA, BB, AA, BB, A

Tag – Wall 5 (12:00), Wall 10 (9:00) after 28 cts RESTART facing (6:00)

Part A: Starts facing 12:00 & 9:00

Section 1: Walk forward, point toes side

1-4 Walk forward R, L, R, L

5-8 Point R toe to side, step R back in place, Point L toe to side, step L back in place

Section 2: Walk backward, point toes side

9-12 Walk back R,L,R,L

13-16 Point R toe to side, step R back in place, Point L toe to side, step L back in place

(Wall 5: 4ct Tag – Rocking Chair - Rock forward right, recover, Rock back right, recover)

Section 3: Shuffle forward, ½ turn Right, Shuffle forward ½ turn Left

17&18 Step Right Forward, Close Left Next to Right, Step Forward on Right,

19-20 Step L, Pivot ½ Right

21&22 Step Left Forward, Close Right Next to Left, Step Forward on Left

23-24 Step R, Pivot ½ Left

Section 4: Step Sway R, Step Sway L, Vine Right ¼ Left

25-26 *Step R side sway & touch left toe

27-28 *Step L side sway & touch right toe

29-32 R Step side, cross L behind, R Step side, turn ¼ step L

(Repeat cts 1-32 facing 9:00)

***Wall 10: ¼ turn Left - Part B**

PART B: Starts facing 6:00 & 3:00

Section 1: Chasse R, Rock Back, Recover, Chasse L, Rock Back, Recover

1&2 Step R to R side, step L next to R (&), step R to R side

3-4 Rock L behind R, recover on R

5&6 Step L to L side, step R next to L (&), step L to L side

7-8 Rock R behind L, recover on L

Section 2: V Step, Step Forward clap, Step Back clap

9-10 Step R to R forward diagonal, Step L to L forward diagonal

11-12 Step R center, Step L next to R

13-14 Step R diagonal forward & clap

15-16 Step L diagonal back & clap

Section 3: Chasse R, Rock Back, Chasse L, Rock Back

17&18 Step R to R side, step L next to R (&), step R to R side

19-20 Rock L behind R, recover on R

21&22 Step L to L side, step R next to L (&), step L to L side

23-24 Rock R behind L, recover on L

Section 4: V Step, Step Forward clap, ¼ L Step Back clap

25-26 Step R to R forward diagonal, Step L to L forward diagonal

27-28 Step R center, Step L next to R

29-30 Step R diagonal forward & clap

31-32 Turn ¼ Left, Step L diagonal back & clap

(Repeat cts 1-32 facing 3:00 Wall)

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