

拍数: 64                      墙数: 2                      级数: Improver nightclub  
 编舞者: Lady Lace (UK)  
 音乐: 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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