

Message In A Bottle

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Low Improver
編舞者: Tammy Bosse (USA) - September 2022
音樂: Message In A Bottle - Garth Brooks



Begin after 20 counts – starts on the word 'Bottle'

RIGHT SIDE SHUFFLE, ROCK STEP (LINDY), LEFT SIDE SHUFFLE, ROCK STEP (LINDY)

1&2 Step right to right, step left next right, step right to right
3-4 Rock back on left replace weight forward on right
5&6 Step left to left, step right next left, step left to left
7-8 Rock back on right replace weight left

Wall 5 – Facing 12:00 – TAG:

Right Kick Back Ball Change, (Kick RF forward, step back on RF, Change weight to LF) RESTART

Wall 10 – Facing 3:00 TAG– Right V Step (step out RF, Step out LF Back, RF, Back LF) , RESTART

ROCK FORWARD RIGHT, ¾ TURN SHUFFLE RIGHT, (R,L,R), ROCK FORWARD LEFT, COASTER STEP

9-10 Rock forward Right Foot, Recover weight on Left Foot,
11&12 Turn ¾ turn right shuffle (R,L,R)
13-14 Rock forward Left Foot, Recover weight on Right Foot
15&16 Step back on Left Foot, together Right, Step Forward Left foot

STEP FWD RIGHT, POINT LEFT TOE SIDE, STEP FRD LEFT, POINT RIGHT TOE JAZZ BOX ¼ TURN RIGHT

17-18 Step forward Right Foot, Point Left toe side
19-20 Step forward Left Foot, Point Right toe side
21-24 Cross Right foot over Left, Step back on Left, turn ¼ step Right foot step side, Left foot step slightly forward

MONTEREY ¼ TURN RIGHT, RIGHT HIP BUMPS FORWARD, LEFT HIP BUMPS BACK

25-26 Point Right toe to side, ¼ right step in place changing weight to Right foot
27-28 Point Left toe to side, step Left foot in place
29-30 Bump hips forward twice (weight on Right foot)
31-32 Bump hips back twice (weight on Left foot)

Music will slow down....don't stop, will pick back up...keep dancing!

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