

Message in a Bottle

拍數: 32 牆數: 4 級數: Beginner
編舞者: Martha Ferrante (USA) - February 2025
音樂: Message In A Bottle (Taylor's Version) (From The Vault) - Taylor Swift



Tags: 1 easy 4 count Tag

Restart: Wall 10 after Coaster Step (facing 6:00) (just leave off the Toe Struts)

Intro: 8 counts

TOUCH, TOUCH, TRIPLE STEP IN PLACE, TOUCH, TOUCH, TRIPLE STEP IN PLACE

1-2 Point L forward (1) point L to left (2)
3&4 Step L beside R (3) step R beside L (&), step L beside R (4)
5-6 Point R forward (5) point R to right (6)
7&8 Step R beside L (7) step L beside R (&) Step R beside L (8)

ROCK RECOVER, SHUFFLE BACK, ROCK, RECOVER, SHUFFLE FORWARD

1-2 Rock L forward (1) Recover back on R (2)
3&4 Step L back (3) step R together (&) step L back (4)
5-6 Rock R back (5) recover on L forward (6)
7&8 Step R forward (7) step L together (&) step R forward (8)

STEP, ¼ TURN, CROSSING SHUFFLE, STEP TOUCH (2x)

1-2 Step L forward (1) pivot R 1/4 turn right (2) (weight is now on R)
3&4 Cross L over R (3), Step R to right (&) Step L over (4)
5-6 Step R to right (5) touch L next to R (6) with clap
7-8 Step L to left (7) touch R next to left (8) with clap

STEP BACK, STEP BACK, COASTER STEP, TOE STRUTs

1-2 Step R back (1) Step L back (2)
3&4 Step R back (3) Step L beside R (&) Step R forward (4)

RESTART ON WALL 10 (facing 6:00)

5-6 Touch L Toe (5) drop L Heel (6) - with a little hip bump
7-8 Touch R Toe (7) drop R Heel (8) - with a little hip bump

TAG: Wall 4

1-2 Point L forward (1) point L to left (2)
3-4 Point L forward (3) point L to left (4)

**In the first 8 counts, the triple step in place can be a coaster step which adds some movement
Start from the beginning - Enjoy and Have Fun!**

Note: This dance is similar to my first dance "What a Night It Is!" but the ending is different, the long Tag is gone and it goes so much better to this song! I hope you like it!

Last Update: 23 Feb 2025