

# Message 4 You

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Lois Lightfoot (UK)  
音樂: 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