

拍數: 64 牆數: 2 級數: Improver nightclub
編舞者: Lady Lace (UK)
音樂: 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
