

# Message In A Bottle

COPPER KNOB  
BY SHEETS

拍數: 64      牆數: 4      級數: High Intermediate  
編舞者: Jo Kinser (UK) & John Kinser (UK) - July 2014  
音樂: "Message In A Bottle" by Amanda Wood 6:02. (Acoustic)



**Intro: Start on the vocals, 32 counts**

**[1-8] □ Diagonal Lt Cross, Side Rt, Lt Crossing Shuffle, Rt Rock Step, Rt Lock Back**

1,2            Step Lt across Rt facing Rt diagonal (1:00), Step Rt slightly fwd and to Rt side  
3&4           Step Lt across Rt, Step Rt slightly fwd and to Rt side, Step Lt across Rt  
5,6            Rock Rt fwd, Replace weight Lt (still facing 1:00)  
7&8           Step Rt back, Step Lt across Rt, Step Rt back (start to open upper body 1/8th turn Rt)

**[9-16] □ 1/8th Lt Back Toe Heel, Rt Toe Heel, Side Cross Back, Side Together**

1,2            Make 1/8 turn Rt pressing Lt toe slightly back, Drop Lt Heel (3:00)  
3,4            Press Rt toe to Rt side, Drop Rt Heel  
5,6,7          Step Lt slightly to Lt, Step Rt across Lt, Step Lt back  
8&            Step Rt to Rt, Step Lt next to Rt

**[17-24] □ Rt Fwd, Lt Rock Step, Lt Step Lock Back, Rt Back Rock, Step 1/2 Turn Lt**

1              Step Rt fwd  
2,3            Rock Lt fwd, Replace weight Rt  
4&5           Step Lt back, Step Rt across Lt, Step Lt back  
6,7            Rock Rt back, Replace weight Lt  
8&            Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (9:00)

**[25-32] □ Rt Fwd, Walk Fwd Lt, Rt, Lt Mambo Step, Back Rt, Shuffle 1/2 Turn Lt**

1,2,3          Step Rt fwd, Walk fwd Lt, Rt  
4&5           Rock Lt fwd, Replace weight Rt, Step Lt next to Rt  
6              Step Rt back  
7&8           Make 1/4 turn Lt stepping Lt to Lt (6:00), Step Rt next to Lt, Make 1/4 turn Lt stepping Lt fwd (3:00)

**\*\*\* □ Bridge / Tag happens here on the Chorus on walls 2 (12:00), 4 (12:00), and 7 (9:00).**

**[33-40] □ Scuff - Hitch – 1/4 Cross, Side Together, Side Together, 1/4 Turn Lt Shuffle Fwd**

&1,2          Scuff Rt next to Lt (&), Hitch Rt knee High (1), Make 1/4 turn Lt Crossing Rt over Lt (2) (12:00)  
3,6            Step Lt to Lt (3), Step Rt next to Lt (4), Step Lt to Lt (5), Step Rt next to Lt (6)  
7&8           Make 1/4 turn Lt stepping Lt fwd (9:00), Step Rt next to Lt, Step Lt fwd

**[41-48] □ Rt Press Roll Hip, Lt Press Roll Hip, Rt Press Roll - Step Together, Lt Crossing Shuffle**

1&2           Press ball of Rt toe fwd (1), Push Rt hip fwd and up (&), Step Rt next to Lt (2)  
3&4           Press ball of Lt toe fwd (3), Push Lt hip fwd and up (&), Step Lt next to Rt (4)  
5&6           Press ball of Rt toe fwd (5), Push Rt hip fwd and up (&), Step Rt slightly back of Lt (6)  
7&8           Step Lt across Rt, Step Rt to Rt, Step Lt across Rt

**[49-56] □ Rt Rock Step, And Side Roll Hips, Together, Side**

1,2            Rock Rt to Rt, Replace weight Lt  
&3            Step Rt next to Lt, Step Lt to Lt  
4,5,6          Roll Hips anti clockwise in a full circle back to the Lt (weight Lt)  
7,8            Step Rt next to Lt, Step Lt to Lt

**[57-64] □ Rt Rock Back, 1/4 Turn Rt, Hold, 3/4 Paddle Turn Rt**

1,4            Rock Rt back (1), Replace weight Lt (2), Make 1/4 turn Rt stepping Rt fwd (3) (12:00), Hold  
&5&6           Step the ball of the Lt foot behind the Rt (&), Step the Rt foot fwd making 1/8th turn Rt (5),  
                 Repeat for (&6)  
&7&8           Repeat for (&7&8) completing a 3/4 turn back to (9:00)

**Bridge/Tag: □ Repeat 25-32**

1-8            Rt Fwd, Walk Fwd Lt, Rt, Lt Mambo Step, Back Rt, Shuffle 1/2 Turn Lt. Continue the dance  
                 from 33-64.

**Ending to face (12:00): This happens on count 17. Make 1/4 turn Lt stepping Rt a Large step to Rt side.**

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