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32 Count, 4 Wall, Improver Choreographer: Joey Warren (USA) Oct 2011 Choreographed to: Message In A Bottle by Jay Sean

1-2-& 3-4-& 5 – 6 7-&-8	Step Pivot ½ Turn, Ball-Rock-Recover, Ball-Rock-Step, ¼ Rock & Cross Step R fwd, ½ Turn L taking weight on L, Step R beside L Rock fwd on L, Recover back on R, Step L back beside R Rock back on R opening body to R, Recover to L and body center ¼ Turn L rocking out on R, Recover over to L, Cross R over L
& - 1 2 - 3 4-&-5 & - 6 7-&-8	1/4 Turn, 1/2 Turn Sweep, Rock-Recover, Weave, Rock-Recover-Slide, Weave w/ 1/4 1/4 Turn R stepping back on L, 1/2 Turn R stepping fwd on R sweeping L out Rock fwd on to L, Recover back on R sweeping L out Step L behind R, Step R out to R, Cross rock L over R Recover back on R, Step L out to L while dragging R toward L Step down on R, Step L behind R, 1/4 Turn R stepping R fwd
& - 1 2-&-3 4-&-5 6-&-7 8-&-1	Ball-Step-Coaster, ¼, ¼ Sweep, Weave w/ Cross, Rock-Recover Half Turn Ball step L beside R, Step R fwd w/ bent knee like your dipping down slightly Step back on L, Step R back beside L, Step L fwd ¼ Turn R rocking out on R, ¼ Turn L taking weight on L, ½ Turn L stepping back on R & sweeping L around (¼ turns are quick really meant for lower body/feet) Step L behind R, Step R out to R, Cross L over R Rock R out to R, ¼ Turn L recovering weight to L, ¼ Turn L stepping R out to R
2-&-3 4-&-5 &-6-7 8-&-1	Basic R, Basic L, Rock-Recover-Step, Step-Half, R Chase Turn Rock L behind R, Recover down on R, Big step L with L Rock R behind L, Recover down on L, Rock R out to R Recover over to L, Step R fwd (slightly lift L foot up), ½ Turn L stepping L fwd Step R fwd, ½ Turn L stepping down on L, Step R fwd (this is 1st count of dance)
Easy Op &-6-7 8-&-1	otion for last counts Recover over to L, Step/Rock R fwd (slightly lift L foot up), Step back on L foot slightly dragging R Step back on R, Step L back beside R, Step fwd on R (1st count of dance)
Restarts: The first one occurs during 2nd wall; The second during the 5th wall	

Dance all the first 16 counts and the & 1 count of the 3rd eight count.

The 1 count is the restart and the start of your dance.

So you do your ¼ turn weave of the 2nd 8 and then
ball step on the Left and step fwd on the Right which is the start of your dance!

THE END!!!!! NICE AND SHORT!!! PLEASE ENJOY!!!!!