

Message In A Bottle

64 Count, 4 Wall, Intermediate

Choreographer: Jo Kinser (UK) & John Kinser (US) July 2014

Choreographed to: Message In A Bottle by Amanda Wood,

Album: Stripped Bare (6:02 – 123 bpm) (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 ball of Lt foot behind Rt (&), Step 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.