

Message To God

Count: 32

Wall: 4

Level: Improver

Choreographer: Rebecca Rundgren (SWE) & Ivan Rundgren (SWE) - April 2023

Music: Hålsa Gud - Miss Li



Fast Intro: 4 C

SEC. 1 CROSS STEP – STEP – KICK R FWD TWICE –STEP – CROSS STEP – STEP – KICK L FWD TWICE

- 1 – 2 Cross step R over L (1) step L to L side (2)
- 3 – 4 & Kick R diagonally fwd R (3) Kick R diagonally fwd R (4) Step on ball of R (&)
- 5 – 6 Cross step L over R (5) step R to R side (6)
- 7 – 8 Kick L diagonal fwd L (7) Kick L diagonal fwd L (8)

SEC. 2 STEP BACK – TOUCH – STEP BACK – TOUCH – BACK ROCK STEP – PIVOT 1/2 TURN R

- 1 – 2 Step back L (1) touch R in front of L (2)
- 3 – 4 Step back on R (3) touch L in front of R (4)
- 5 – 6 Step back L (5) recover on R (6)
- 7 – 8 Step fwd L (7) pivot 1/2 turn R (8) WEIGHT ENDS ON RIGHT

SEC. 3 R VINE WITH A FLICK – ROLLING VINE 1/4 TURN L OPTION: L VINE 1/4 TURN L

- 1 – 2 Cross step L over R (1) step R to R side (2)
- 3 – 4 Step L behind R (3) flick R and snapp your fingers (4)
- 5 – 6 Cross step R over L (5) 1/4 turn R stepping back on L (6)
- 7 – 8 1/2 turn R stepping wvd R (7) stepp fwd L (8)

SEC. 4 FWD KICK – JUMP BACK R AND L – HIP BUMP R x 2 – HIP BUMP L x 2 – PIVOT 1/2 TURN L

- 1 & 2 Kick fwd R (1) step back on R (&) step back on L (2) (feet apart)
- 3 – 4 Bump R hip to R side (3) Bump R hip to R side (4)
- 5 – 6 Bump L hip to L side (5) Bump L hip to L side (6)
- 7 – 8 Step fwd R (7) pivot 1/2 turn L (8) WEIGHT ENDS ON LEFT

TAG 8 count after wall 4 C

SIDE ROCK STEP R AND L – PIVOT 1/2 TURN L x 2 PIVOT OPTION: ROCKING CHAIR

- 1 – 2 & Step R to R side (1) recover to L (2) step R next to L (&)
- 3 – 4 & Step L to L side (3) recover to R (4) step L next to R (4)
- 5 – 6 Step fwd R (5) pivot 1/2 turn L (6)
- 7 – 8 Step fwd R (7) pivot 1/2 turn L (8)

Ending, change count 7 – 8 of sec 4 (pivot 1/2 turn L) to step fwd x 2

Start over again!

OPTION SEC 2

SEC. 2 JUMP BACK – TOUCH – HOLD – JUMP BACK – TOUCH – HOLD – BACK ROCK STEP – PIVOT 1/2 TURN R

- & 1 – 2 Jump back on L (&) touch R in front of L (1) hold (2)
- & 3 – 4 Jump back on R (&) touch L in front of R (3) hold (4)
- 5 – 6 Step back L (5) recover on R (6)
- 7 – 8 Step fwd L (7) pivot 1/2 turn R (8) WEIGHT ENDS ON RIGHT

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Have fun & happy dancing, hugs from Sweden:)

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