Count: 64
Wall: 4
Level: High Intermediate
Choreographer: Jo Kinser (UK) \& John Kinser (UK) - July 2014
Music: "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] $1 / 8$ th 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] $\square R t$ 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]口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 $\operatorname{Lt}$ (6:00), Step Rt next to Lt, Make $1 / 4$ turn Lt stepping Lt fwd (3:00) |

*** $\square$ Bridge / Tag happens here on the Chorus on walls 2 (12:00), 4 (12:00), and 7 (9:00).
[33-40] $\square$ 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] $\square$ Rt Press Roll Hip, Lt Press Roll Hip, Rt Press Roll - Step Together, Lt Crossing Shuffle
$1 \& 2 \quad$ 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)
$5 \& 6 \quad$ 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] $\square$ 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] $\square$ Rt Rock Back, $1 / 4$ Turn Rt, Hold, $3 / 4$ Paddle Turn Rt

Rock Rt back (1), Replace weight Lt (2), Make $1 / 4$ turn Rt stepping Rt fwd (3) (12:00), Hold

Bridge/Tag:पRepeat 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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