

# MESSAGE 4 YOU

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**Count:** 48

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Lois Lightfoot

**Music:** Leave A Message, Juanita by The Derailers

## ROCK SIDE RECOVER, CROSS SHUFFLE, RIGHT & LEFT

- 1-2** Rock right foot out to side, recover weight onto left foot
- 3&4** Step right foot over left, step left to left side, cross right over left foot
- 5-6** Rock left foot out to side, recover weight onto right foot
- 7&8** Cross left foot over right, step right to right side, step left over right

## STEP ½ TURN LEFT, CROSS SHUFFLE, ROCK SIDE, ¼ TURN RIGHT

- 9-10** Step right back making ¼ turn left, step left to side making ¼ turn left
- 11&12** Step right foot over left, step left foot to left side, cross right over left
- 13-14** Rock left foot out to left side, recover weight onto right
- 15&16** Cross left behind right, step right into a ¼ turn right, step left foot forward

## RIGHT KICK BALL STEP TWICE, STEP PIVOT ½ TURN, SHUFFLE FORWARD

- 17&18** Kick right foot forward, step right next to left, step left foot forward
- 19&20** Kick right foot forward, step right next to left, step left foot forward
- 21-22** Step right foot forward, pivot ½ turn to left
- 23&24** Step right foot forward, step left to right, step right foot forward

## LEFT ROCK, COASTER STEP, PIVOT ½ TURN, SHUFFLE FORWARD

- 25-26** Step & rock forward onto left foot, recover weight onto right foot
- 27&28** Step left foot back step right next to left, step left foot forward
- 29-30** Step right foot forward, pivot ½ turn to left
- 31&32** Step right forward, step left next to right, step right forward

## HEEL SWITCHES LEFT & RIGHT CLAP CLAP

- 33&** Touch left heel forward, step left foot back in place
- 34&** Touch right foot out to side, step right back in place
- 35&36** Touch left foot out to left side, hold & clap hands twice

**&37** Step left back in place, touch right out to right side

**&38** Step right back in place, touch left heel forward

**&39** Step left foot back in place, touch right heel forward

**&40** Hold & clap hands twice

**STEP RIGHT BACK ½ TURN, PIVOT ½ TURN, ROCK, COASTER STEP**

**41-42** Step right foot back, pivot ½ turn over right shoulder

**43-44** Step left foot forward, pivot ½ turn to right

**45-46** Step & rock forward onto left foot, recover weight onto right

**47&48** Step left foot back, step right foot next to left, step left foot forward

**REPEAT**