

# M Dance

**Count:** 32

**Wall:** 1

**Level:** Beginner - Contra

**Choreographer:** Roosamekto Mamek (INA) - December 2013

**Music:** Nie Unikaj - Exaited



**Alternative Music:** Any Song You Like That Fit To You Best

**Notes:** This dance was choreographed to be done contra (though can be done as line dance) see video on Youtube.

**Begin** contra facing your partner.

## **CROSS/ROCK, RECOVER, SIDE CHASSE**

- 1-2 Rock/Cross R over L – Recover on L
- 3&4 Step R to side – Step L together – Step R to side
- 5-6 Rock/Cross L over R – Recover on R
- 7&8 Step L to side – Step R together – Step L to side

## **WALK CLOCKWISE TURN $\frac{3}{4}$ RIGHT**

- 1-4 Walk forward R-L-R-L clockwise  $\frac{1}{4}$  to right (facing 3:00)
- 5-8 Walk forward R-L-R-L clockwise  $\frac{1}{2}$  to right (facing 9:00)

## **FORWARD, TURN $\frac{1}{2}$ LEFT, FORWARD SHUFFLE, FORWARD, TURN $\frac{1}{2}$ RIGHT, FORWARD SHUFFLE**

- 1-2 Step R forward – Pivot turn  $\frac{1}{2}$  left
- 3&4 Step R forward – Step L together – Step R forward
- 5-6 Step L forward – Pivot turn  $\frac{1}{2}$  right
- 7&8 Step L forward – Step R together – Step L forward

## **PADDLE TURN $\frac{3}{4}$ LEFT, JAZZ BOX**

- 1-2 Step R forward – Turn  $\frac{1}{2}$  left
- 3-4 Step R forward – Turn  $\frac{1}{4}$  left
- 5-6 Cross R over L – Step L back
- 7-8 Step R to side – Step L together

## **REPEAT**

**Contact:** Roosamekto.Nugroho@gmail.com

**Last Revision-** 16th Dec 2013

---