

# M - J.E.M.

拍数: 48                      墙数: 4                      级数: Improver  
编舞者: Michael McChord (UK)  
音乐: He's Got You - Brooks & Dunn



## FULL TURN TO RIGHT, WITH STOMP

- 1                      Turn  $\frac{1}{4}$  right on ball of right foot
- 2                      Turn  $\frac{1}{2}$  right on ball of left foot
- 3                      Turn  $\frac{1}{4}$  right on ball of right foot
- 4                      Stomp left foot in place (weight on left foot)

## ROCK STEPS, RIGHT COASTER

- 5                      Rock forward on right foot
- 6                      Rock back onto left foot, in place
- 7                      Step back on right foot
- &                      Step back on left foot
- 8                      Step forward on right foot

## ROCK STEPS, LEFT COASTER

- 9                      Rock forward on left foot
- 10                     Rock back onto right foot, in place
- 11                     Step back on left foot
- &                      Step back on right foot
- 12                     Step forward on left foot

## HEEL JACKS (VAUDEVILLE STEPS)

- 13                     Step to right (slightly back) on right foot
- &                      Touch left heel to left side
- 14                     Step on left foot in place
- &                      Step on right foot beside left
- 15                     Step to left (slightly back) on left foot
- &                      Touch right heel to right side
- 16                     Step on right foot in place
- &                      Touch left foot beside right

## FULL TURN TO LEFT, WITH STOMP

- 17                     Turn  $\frac{1}{4}$  right on ball of left foot
- 18                     Turn  $\frac{1}{2}$  right on ball of right foot
- 19                     Turn  $\frac{1}{4}$  right on ball of left foot
- 20                     Stomp right foot in place (weight on right foot)

## ROCK STEPS, LEFT COASTER

- 21                     Rock forward on left foot
- 22                     Rock back onto right foot, in place
- 23                     Step back on left foot
- &                      Step back on right foot
- 24                     Step forward on left foot

## ROCK STEPS, RIGHT COASTER

- 25                     Rock forward on right foot
- 26                     Rock back onto left foot, in place

- 27 Step back on right foot
- & Step back on left foot
- 28 Step forward on right foot

### **HEEL JACKS (VAUDEVILLE STEPS)**

- 29 Step to left (slightly back) on left foot
- & Touch right heel to right side
- 30 Step on right foot in place
- & Step on left foot beside right
- 31 Step to right (slightly back) on right foot
- & Touch left heel to left side
- 32 Step on left foot in place
- & Step on right foot beside left

### **STOMP, KICK, CROSS, UNWIND**

- 33 Stomp left foot beside right
- 34 Kick right foot forward
- 35 Cross right foot over left
- 36 Unwind  $\frac{1}{2}$  turn to left (weight on right foot)

### **KICK FRONT, SIDE, LEFT SAILOR**

- 37 Kick left foot forward
- 38 Kick left foot to left side
- 39 Cross left foot behind right
- & Step on right foot beside left
- 40 Step on left foot in place

### **KICK FRONT, SIDE, RIGHT SAILOR**

- 41 Kick right foot forward
- 42 Kick right foot to right side
- 43 Cross right foot behind left
- & Step on left foot beside right
- 44 Step on right foot in place

### **HEEL SWITCHES, TURN, STOMP**

- 45 Touch left heel forward
- & Step on left foot in place
- 46 Touch right heel forward
- & Step on right foot in place
- 47 Touch left heel forward turning 3 turn to right
- & Step on left foot in place
- 48 Stomp-up right foot beside left

### **REPEAT**

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