

# M Dance

拍数: 32                      墙数: 1                      级数: Beginner - Contra  
编舞者: Roosamekto Mamek (INA) - December 2013  
音乐: 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**

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