

M Words (Missing, Moment, Movin', Maria)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Jan Brookfield (UK) - January 2015
音樂: See List in sheet.....



(Start after 15 secs)

Alt. music:-

Couldn't Last a Moment by Collin Raye - 98 BPM

"Missing You" by John Waite - 104BPM

"Movin' on up" by M People - 124 BPM

"My Maria" by Brooks & Dunn - 125BPM

(For all other tracks start on vocals)

SECTION 1 : SIDE, BEHIND, BALL-CROSS, STEP, SIDE ROCK, RECOVER, CHASSE LEFT

1,2 Step R to side, step L behind R
&3,4 Step quickly on R to side, step L across in front of R, step R to side
5,6 Rock L to side, recover weight onto R
7&8 Chasse left on L,R,L

SECTION 2 : ROCK BACK, RECOVER, CHASSE RIGHT WITH ¼ TURN LEFT, STEP BACK, TOUCH, SHUFFLE FORWARD

9,10 Rock back on R, recover onto L
11&12 Chasse right on R,L,R making a quarter turn left
13,14 Rock back on L, hook R touching toe in front of L (optional CLICK fingers)
15&16 Shuffle forward on R,L,R (now facing 9 o'clock)

SECTION 3 : SIDE, HOLD, & SIDE, HOLD, & ROCK, RECOVER, COASTER STEP

17,18 Step L to side, hold (and clap)
&19,20 Step quickly on R next to L, step L to side, hold (and clap)
&21,22 Step quickly on R next to L, rock forward on L, recover onto R
23&24 Step back on L, step R next to L, step forward on L

SECTION 4 : [HEEL GRIND QUARTER TURN, ROCK BACK, RECOVER] x 2

25,26,27,28 Grind R heel forward into a quarter turn right, recover weight onto L, rock back on R, recover onto L, optional palms of hands down for styling. (now facing 12 o'clock)
29,30,31,32 Repeat steps for counts 25-28 (now facing 3 o'clock)

START AGAIN
