

M Dance

拍數: 32 牆數: 1 級數: Beginner - Contra
編舞者: Roosamekto Mamek (INA) - December 2013
音樂: 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

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Last Revision- 16th Dec 2013
