

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



Count: 32 **Wall:** 4 **Level:** Beginner / Improver

Choreographer: Jan Brookfield (Jan 2015)

Music: 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