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

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| . |
| **Compte:** | 32 | **Mur:** | 4 | **Niveau:** | Beginner / Improver | . |
| **Chorégraphe:** | Jan Brookfield (UK) - January 2015 |
| **Musique:** | 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 |

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| --- | --- |
| 13,14 | Rock back on L, hook R touching toe in front of L (optional CLICK fingers) |

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| --- | --- |
| 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**