

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

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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