

M Dance

Count: 32

Wall: 1

Level: Beginner - Contra

Choreographer: Roosamekto Mamek (INA) - December 2013

Music: 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