

Monica EZ

拍数: 88 墙数: 1
编舞者: Winnie Yu (CAN) - February 2017
音乐: Monica - Leslie Cheung

级数: Phrased Improver - Fun dance



Intro: 16 counts - Sequence: ABA BAC, A32, ABA BAC, BBB

Part A: 40 counts

Section A1: Vine R, Clap, Vine L, Clap

- 1-2-3-4 Step right to side, step left cross behind right, step right to side, touch left besides right & clap hands
5-6-7-8 Step left to side, step right cross behind left, step left to side, touch right besides left & clap hands

Section A2: K - Steps

- 1-2-3-4 Forward right to diag. R, touch left besides right, step left back to diag. L, touch right besides left
5-6-7-8 Step right back to diag. R, touch left besides right, forward left to diag. L, touch right besides left

Section A3: R Jazz Box, Hold, L Jazz Box, Hold

- 1-2-3-4 Cross right over left, step left back, step right to side, hold
5-6-7-8 Cross left over right, step right back, step left to side, hold

Section A4: V Shapes (Out, Out, In, In) x 2

- 1-2-3-4 Step right forward diag. R (R hand up), step left forward diag. L (L hand up), step right back to Center (bring back R hand in front of chest), step left together (bring back L hand in front of chest)
5-6-7-8 Repeat counts: 1 – 4

Section A5: R Side Rock, Recover, Cross, Hold, L Side Rock, Recover, Cross, Hold

- 1-2-3-4 Rock right to side, recover onto left, cross right over left, hold
5-6-7-8 Rock left to side, recover onto right, cross left over right, hold

Part B: 32 counts

Section B1: (Side, Touch) x 4

- 1-2 Step right to side, touch left with $\frac{1}{4}$ turn L (lean body in right & turn to 9:00)
Hand movement: Do karate chop with your right hand
3-4 Step left to left side, touch right with $\frac{1}{2}$ turn R (lean body to left & turn to 3:00)
Hand movement: Do karate chop with your left hand
5-6 Step right to right side, touch left with $\frac{1}{2}$ turn L (lean body to right & turn to 9:00)
Hand movement: Do karate chop with your right hand
7-8 Step left to left side, make a $\frac{1}{4}$ turn right (weight still on left & face 12:00)
Hand movement: Do karate chop with your left hand

Section B2: Hitch, Out, Out, Shake Hips

- 1&2 Hitch right foot, jump & step back on right and left
3-8& Shake hips – R/L/R/L/R/L (end weight on left)
Hand movement: Both hands look like holding & playing on electric guitar

Section B3: (Kick, Fwd) x 4 – Moving Forward

- 1-2-3-4 Kick right forward, step right forward, kick left forward, step left forward
5-6-7-8 Repeat counts: 1 – 4

Section B4: Side, Finger Point, Shake Body

- 1-2-3-4 Step right to side, hold 3 counts (Point R & L index fingers forward with attitude)

5-6-7-8 Open both arms up while shaking body & look up (weight on left)

Part C: 16 counts

Section C1: R / L Conga

1-2-3-4 Make a $\frac{1}{4}$ R walk forward R-L-R (9:00), make a $\frac{1}{2}$ L using ball of right with touch left forward
5-6-7-8 Walk forward L-R-L, make a $\frac{1}{4}$ R using ball of left with touch right besides left

Section C2: Walk Fwd: R-L-R, Kick Fwd, Walk Back: L-R-L, Touch Tog

1-2-3-4 Walk forward right, left, right, kick left forward
5-6-7-8 Walk back left, right, left, touch right together

More Easy Version for Part C

Section 1: (Fwd Toe Strut) x 4

1-2-3-4 Touch right toe forward, drop right heel down, touch left toe forward, drop left heel down
5-6-7-8 Repeat counts: 1 – 4

Section 1: (Back Toe Strut) x 4

1-2-3-4 Touch right toe back, drop right heel down, touch left toe back, drop left heel down
5-6-7-8 Repeat counts: 1 – 4

Have Fun & Enjoy !

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