

My Dance Monkey

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 4 级数: Phrased Improver / Intermediate
编舞者: Johanna Östman - October 2019
音乐: Dance Monkey - Tones And I : (3:29)



Intro: 16 counts – Sequence AABAABBCBB

Section A: 32 counts

(1-8) Vine R, Cross Shuffle R, Side Rock, Cross Shuffle L

- 1 & 2 Step RF to R (1), step LF behind RF (&), step RF to R (2)
- 3 & 4 Cross step LF over RF (3), step RF to R (&), cross step LF over RF (4)
- 5, 6 Rock RF to R (5), recover onto LF (6)
- 7 & 8 Cross step RF over LF (7), step LF to L (&), cross step RF over LF (8)

(9-16) Turn ¼ R, Cross Shuffle R, Syncopated rocks

- 1, 2 Turn ¼ R stepping back on LF (1), turn ¼ R stepping RF to to R (6:00) (2)
- 3 & 4 Cross step LF over RF (3), step RF to R (&), cross step LF over RF (4)
- 5 & 6 & Rock RF to R (5), recover weight on LF (&), cross RF over LF (6), rock LF to L (&)
- 7, 8 Recover weight on RF (7), cross LF over RF (8)

(17-24) Point L, Point R, Jazzbox ¼ R

- 1, 2 Walk fwd RF (1), Point LF to L (2)
- 3, 4 Walk fwd LF (3), Point RF to R (4)
- 5-8 Cross RF over LF (5), step LF back (6), turn ¼ R stepping fwd on RF (9:00) (7), step LF fwd (8)

(25-32) Rocking chair, Step Turn ½ L, Full turn L

- 1, 2 Rock RF fwd (1), recover onto LF (2)
- 3, 4 Rock RF back (3), recover onto LF (4)
- 5, 6 RF step fwd (5), ½ turn L (3:00) (6)
- 7, 8 Turn ½ L stepping back on RF (7), turn ½ L stepping fwd on LF (8) *

* (Non-turning option: Walk fwd RF (7), walk fwd LF(8))

Section B: 32 counts

(1-8) Syncopated Rocks, Coaster Step, Syncopated Rocks, Coaster Step

- 1 & 2 & Rock RF fwd (1), recover onto LF (&), rock RF to R (2), recover onto LF (&)
- 3 & 4 Step RF back (3), close LF to RF (&), step RF forward (4)
- 5 & 6 & Rock LF fwd (5), recover onto RF (&), rock LF to L (6), recover onto RF (&)
- 7 & 8 Step LF back (7), close RF to LF (&), step LF forward (8)

(9-16) Walk, Walk, Shuffle Fwd, Step Turn ½ R, Walk, Walk

- 1, 2 Walk fwd RF (1), walk fwd LF (2)
- 3 & 4 Step RF fwd (3), close LF to RF (&), step RF fwd (4)
- 5, 6 LF step fwd (5), ½ turn R (6:00) (6)
- 7, 8 Walk fwd LF (7), walk fwd RF (8)

(17-24) Syncopated Rocks, Coaster Step, Syncopated Rocks, Coaster Step

- 1 & 2 & Rock LF fwd (1), recover onto RF (&), rock LF to L (2), recover onto RF (&)
- 3 & 4 Step LF back (3), close RF to LF (&), step LF forward (4)
- 5 & 6 & Rock RF fwd (5), recover onto LF (&), rock RF to R (6), recover onto LF (&)
- 7 & 8 Step RF back (7), close LF to RF (&), step RF forward (8)

(25-32) Point R, Point L, Jazzbox ¼ L

- 1, 2 Walk fwd LF (1), Point RF to R (2)
- 3, 4 Walk fwd RF (3), Point LF to L (4)
- 5 - 8 Cross LF over RF (5), step RF back (6), turn ¼ L stepping fwd on LF (9:00) (7), touch RF beside LF (8)

Section C: 32 counts

(1-8) Sweep fwd, Cross, Side, Sweep back, Behind, Side

- 1, 2 Step RF fwd as you sweep LF around CW (clockwise) (1, 2)
- 3, 4 Cross LF over RF (3), step RF to R (4)
- 5, 6 Step LF behind RF as you sweep RF around CW (5, 6)
- 7, 8 Cross RF behind LF (7), step LF to L (8)

(9-16) Step Turn ½ L with Hold x 2

- 1, 2 Step RF fwd (1), hold (2)
- 3, 4 ½ turn L (6:00) (3), hold (4)
- 5, 6 Step RF fwd (5), hold (6)
- 7, 8 ½ turn L (12:00) (7), hold (8)

(17-24) Sweep fwd, cross, side, sweep back, behind, side

- 1, 2 Step RF fwd as you sweep LF around CW (clockwise) (1, 2)
- 3, 4 Cross LF over RF (3), step RF to R (4)
- 5, 6 Step LF behind RF as you sweep RF around CW (5, 6)
- 7, 8 Cross RF behind LF (7), step LF to L (8)

(25-32) Step Turn ½ L with Hold, Jazzbox

- 1, 2 Step RF fwd (1), hold (2)
- 3, 4 ½ turn L (6:00) (3), hold (4)
- 5 - 8 Cross RF over LF (5), step LF back (6), step RF to R (7), step LF fwd (8)

END OF DANCE: You will be facing the front, change steps 31-32 in section B to step LF to L, step RF fwd and add step LF fwd, Finished! (Do a Jazzbox without a turn and add an extra step :)

Contact: dancejoo1111@gmail.com
