

Dance Monkey Dance

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Advanced
编舞者: Fiona Murray (IRE) & Roy Hadisubroto (IRE) - October 2019
音乐: Dance Monkey - Tones And I



Intro: After 32 counts

Sequence: A, B, A, B, Tag, B, B

Part A

[1 – 8] Step Touch, Step Sailor Step, Weave, 1/8 Turn, Step, Full Turn, Touch (Arms)

- 1 & 2 Step R into R diagonal (1), Touch L next to R (&), Step L into L diagonal (2) 12:00
&3&4& Cross R behind L (&), Step L to L side (3), Step R to R side (&), Cross L behind R (4), Step R to R side (&) 12:00
5 - 6 1/8 Turn R and Step L forward (5), Slowly 1/2 Turn R keeping weight on L (6) 7:30
7 - 8 & Transfer weight onto R (7), 1/2 Turn R and touch L backwards, Put R arm out in front of chest (8), Put L arm out in front of chest and join hands (&) 1:30

[9 – 16] 1/4 Turn, Hitch Ball Step, Hitch, Hold, Touch, Hold, Step

- 1 - 2 Pull both arms in towards chest (1), 1/4 Turn L on balls of both feet, finish with weight on L (2) 10:30
3 & 4 Step backwards on R while hitching L knee (3), Recover on L (&), Step R forward (4) 10:30
5 - 6 Hitch L knee (5), Hold (6) 10:30
& 7 - 8 Touch L toe down (&), Hold (7) Transfer weight onto L (8) 10:30

[17 – 24] Small Jump x2, Knee Turn, Look, 1/4 Turn, Glide

- 1 & 2 & Step R to R side (1), Close L next to R (&), Step R to R side (2), Close L next to R (&) 10:30
3 & 4 Touch R to R side with R knee to L (3), Swivel on ball of R, turn R knee to R (&), Look to R side (4) 10:30
5 - 6 1/4 Turn R Step onto R while gliding L forward and pulling R shoulder back (5), Step onto L while gliding R forward and pull L shoulder back (6) 1:30
7 - 8 Step onto R while gliding L forward and pull R shoulder back (7), Transfer weight onto L (8) 1:30

[25 – 32] Mambo, Coaster 1/2 Turn, Rotating Pony Step, Step x2

- 1 & 2 Rock R forward (1), Recover on L (&), Slide R backwards (2) 1:30
3 & 4 Step L backward (3), 1/4 Turn R Step R to R side (&), 1/4 Turn R Step L forward (4) 7:30
5 & 6 & 1/4 Turn L Step R backwards and Hitch L knee (5), 1/8 Turn L Recover in place on ball of L (&), 1/4 Turn L Step R backwards and Hitch L knee (6), 1/8 Turn L Recover in place on ball of L (&) 9:00
7 - 8 1/4 Turn L Step R to R side (7), Close L next to R (8) 6:00

[33 – 40] Swivels, Press, Arms, Step

- 1 & 2 & 3 & 4 & Swivel heels to L and Push L hip downwards to L side (1), Swivel toes to L and recover to centre (&), Swivel heels to L and Push L hip upwards to L side (2), Swivel toes to L and recover to centre (&), Swivel heels to L and Push L hip downwards to L side (3), Swivel toes to L and recover to centre (&), Swivel heels to L and Push L hip upwards to L side (4), Swivel toes to L and recover to centre (&) 6:00
5 - 6 Press R to R side, Bring R arm across body in a wave (5), Point R hand to L wrist (6) 6:00
7 - 8 Reverse the movement (7), Close R next to L weight ended on R (8) 6:00

Tip: When doing the Swivels from counts 1 – 4 it helps to hold both arms out to each side

[41 – 48] Mambo, Coaster Cross, Scissor Step 1/4 Turn, Full Turn with Heel Drag

- 1 & 2 Rock L forward (1), Recover onto R (&), Step L backwards (2) 6:00

- 3 & 4 Step R backwards (3), Close L next to R (&), Cross R over L (4) 6:00
- 5 & 6 Step L to L side (5), ¼ Turn R Close R next to L (&), Step L forward (6) 9:00
- 7 - 8 ½ Turn L Step R backwards, starting to drag L heel in a sweep as if from front to back (7), ½ Turn L Finishing L heel drag in front, transfer weight forward onto L (8) 9:00

[49 – 56] Syncopated Mambos, Step Lock, Unwind, Skate x2

- 1 & 2 Rock R to R side (1), Recover onto L (&), Cross R over L (2) 9:00
- & 3 & 4
- & Rock L to L side (&), Recover onto R (3), Cross L over R (&) Step R into R diagonal (4), Lock L behind R (&) 9:00
- 5 - 6 Unwind ½ Turn L finishing weight on L (5-6) 3:00
- 7 - 8 Skate R (7), Skate L (8) 3:00

[57 – 64] Cross Mambo, Syncopated Jazzbox ¼ Turn, Step Lock Step, Mambo

- 1 & 2 Cross rock R over L (1), Recover onto L (&), Step R to R side (2) 3:00
- 3 & 4 Cross L over R (3), Step R to R side (&), ¼ Turn L Step L to L side (4) 12:00
- 5 & 6 Step R forward (5), Lock L behind R (&), Step R forward (6) 12:00
- 7 & 8 Rock L forward (7), Recover onto R (&), Step L backwards (8) 12:00

Part B

[1 – 8] Step Backwards x2 (Arms), Rock with Hitch, Recover, Drag, Step Touch with Snap, Hold, Hitch Cross (Arms)

- 1 e & a Step R backwards into R diagonal, Both hands next to body and bring both hands towards arm pits (like a monkey) (1), Stretch both arms next to body with hands flexed inwards (e), Both hands next to body and bring both hands towards arm pits (like a monkey) (&), Stretch both arms next to body with hands flexed inwards (a) 12:00
- 2 e & a Step L backwards into L diagonal, Both hands next to body and bring both hands towards arm pits (like a monkey) (2), Stretch both arms next to body with hands flexed inwards (e), Both hands next to body and bring both hands towards arm pits (like a monkey) (&), Stretch both arms next to body with hands flexed inwards (a) 12:00
- 3 e & a Step R backwards into R diagonal, Both hands next to body and bring both hands towards arm pits (like a monkey) (3), Stretch both arms next to body with hands flexed inwards (e), Both hands next to body and bring both hands towards arm pits (like a monkey) (&), Stretch both arms next to body with hands flexed inwards (a) 12:00
- 4 & 5 - 6 Rock L to L side while lifting R off the floor (4), Recover onto R (&), Step L forward while dragging R (5), Touch R to R side while snapping R to R side (6) 12:00
- 7 & 8 Hold (7), Hitch R knee, L handpalm hits top of R knee (&), Cross R over L, Bring L hand in line with forehead, L handpalm flat and facing down (8) 12:00

[9 – 16] Unwind ¾ Turn, Step Backwards x2, Ball Step, ¼ Turn

- 1 - 4 Unwind ¾ Turn L while bouncing 3 times (1-3) Transfer weight onto L (4) 3:00
- 5 - 6 Step R backwards both hands clap in front of body and push arms forward (5), Step L backwards Push both arms out to the side (6) 3:00
- & 7 - 8 Close R next to L (&), Step L forward (7), ¼ Turn R Keep weight on L (8) 6:00

[17 – 24] Press Releases, Chassé, Step Snap, Hold, Press Recover (Arms)

- & 1 & 2 & 3 & Swing R leg forward to a low hitch (&), Press on ball of R (1), Drop R heel while swinging L forward to a low hitch (&), Press on ball of L (2), Drop L heel while swinging R leg forward to a low hitch (&), Press on ball of R (3), Drop R heel (&), 6:00
- 4 & 5 Step L to L side (4), Close R next to L (&), Step L to L side (5) 6:00
- 6 - 7 Step R forward and snap (6), Hold (7) 6:00
- 8 & Press L to L side, Cross R wrist over L wrist, handpalms facing down and separate R arm to R side and L arm to L side (8), Recover onto R, Relax arms (&) 6:00

[25 – 32] Rock Recover (Arms), Point ½ Turn, Walk in Circle

1 - 2 Rock L forward, Push R arm forward with index finger pointing up (1), Recover onto R (2) 6:00
3 - 4 Point L backwards (3) $\frac{1}{2}$ Turn L transfer weight onto L (4) 12:00
5 - 8 $\frac{1}{8}$ Turn L Step R forward (5), $\frac{1}{8}$ Turn L Step L forward (6),
 $\frac{1}{8}$ Turn L Step R forward (7), $\frac{1}{8}$ Turn L Step L next to R (8) 6:00

Tag:

[1 – 8] Walk

1 - 8 When the tag begins you will be facing the back wall (6:00) everyone will walk towards the centre of the floor and finish facing the front (12:00) 12:00

[9 – 16] Dip Clockwise

1 - 8 Step R to R side (1), Body makes a big circle clockwise going from high to low and back to standing 12:00

[17 – 24] Dip Counter Clockwise

1 - 8 Reverse the movement from section 9 - 16 12:00

[25 – 32] Walk

1 - 8 Everyone will walk back to their places on the floor and finish facing the front (12:00) 12:00

**START AGAIN AND HAVE FUNNNN
DARE TO BE UNIQUE**
