Dance Monkey

拍数: 48

级数: Phrased Easy Intermediate

编舞者: Rina Di Liberto (IT) & Joey Di Stefano (IT) - November 2019

音乐: Dance Monkey - Tones And I

Intro: 16 counts.

Dance Sequence: AA BB CC / AA BB Cx4 / AA Cx4

Part A (16 counts)

Sec. 1 FORWARD STEP, TOGETHER, STEP BACK, TOGETHER, POINT/TOUCH TOES, TOGETHER

- 1-2 Step RF forward, LF together with R
- 3-4 Step RF back, slightly drag & close LF together with R
- 5-6 Point/touch R toes to R side & bring R toes to center
- Point/touch R toes to R side 7
- & 8 Replace LF with R and point L toes to L

Sec. 2 CROSS & POINT, ROCK FORWARD, RECOVER, TRIPLE STEPS BACK

- LF cross over R, RF point R 1-2
- RF cross over L, LF point L 3-4
- LF rock forward. Recover weight to R 5-6
- Step back L, R, close LF together with R 7&8

PART B (16 counts)

Sec.1 CHASSE R & L, FLICK & CROSS, FULL SWIVEL TURN

- 1&2 Triple steps to the R
- 3&4 Triple steps to the L
- Flick & cross RF over L, hold &5.6
- Make a full counter clockwise turn using R heel to rotate with LF flat on ground (1200) 7,8

Sec. 2 CROSS - ROCK, RECOVER, TOGETHER X 4

- 1&2 Cross - rock R over L, recover weight to L. Step R to R side
- 3&4 Cross - rock L over R, recover weight to R. Step L to L side
- 5&6 Repeat 1 & 2.
- Repeat 3 & 4 7&8

PART C (16 counts)

Sec.1 BATUCADAS x 4 (HIP SHAKES ARE OPTIONAL), DIAGONAL STEP, TOGETHER

- 1& Simultaneously press ball of RF forward and step LF back (weight on L, shake hip to R) 2&
- Step back shifting weight to R. Simultaneously press ball of LF forward, shake hip to L
- 3& Repeat 1 & 2
- 4& Repeat 3 & 4
- RF step to R diagonal. Close LF with R 5.6
- LF step to L diagonal. Close RF with L 7,8

Sec. 2 WALK R, L. COASTER BACK, WALK BACK L, R, ½ TURN , TRIPLE STEPS

- Walk R, L 1,2
- 3&4 Step RF forward, LF together, step R back
- 5.6.7&8 Walk back L, R. Turn 1/2 L, stepping forward L, R, LF together with R

Step sheet written by: Lee Pacaigue of The Headlinerz of NJ





墙数:1