

Mony Mony

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Unknown
音乐: Mony Mony - Tommy James & The Shondells



HEEL TAPS

1-4 Left heel forward, together, right heel forward, together
5-8 Left heel forward, together, right heel forward, together

STEP TURNS

9-10 Step forward on left foot, ½ turn to right
11-12 Step forward on left foot, ½ turn to right

TWIST SEQUENCE TO RIGHT

13-14 Cross left over right (twist), step right with right foot (untwist)
15-16 Cross left over right (twist), step right with right foot (untwist)
17-18 Cross left over right (twist), step right with right foot (untwist)

19-20 Kick left foot twice
21-22 Coaster step- step back left, step back together right, step forward left

TWIST SEQUENCE TO LEFT

23-24 Cross right over left (twist), step left with left foot (untwist)
25-26 Cross right over left (twist), step left with left foot (untwist)
27-28 Cross right over left (twist), step left with left foot (untwist)

29-30 Kick right foot twice
31-32 Coaster step- step back right, step back together left, step forward right

KICKS & COASTERS

33-34 Kick left twice
35-36 Coaster step- step back left, step back together right, step forward left
37-38 Kick right twice
39-40 Coaster step- step back right, step back together left, step forward right

SAILOR SHUFFLES

41-42 Cross left behind right, step right to right side, step left to left
43-44 Cross right behind left, step left to left side, step right to right

¼ TURN

45-46 Step forward left, slide right to left
47-48 Step forward left with ¼ turn to left, stomp right by left

REPEAT
