

The Full Monty

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ann Napier (NZ)
音乐: You Can Leave Your Hat On - The Ryes



HIP GRINDS WITH SWIVETS, ¼ TURN RIGHT

- 1-2 Bend knees, as you come up take weight on left heel & right toe & swivel left with finger snaps
- 3-4 Bring feet back to place & bend knees, as you come up take weight on right heel & left toe & swivel to the right with finger snaps
- 5-6 Repeat counts 1,2
- 7-8 Bring feet back to place & bend knees, as you come up turn ¼ turn right on left foot kicking right foot forward at same time with finger snaps

FUNKY HIP BUMPS

Place hands on top of thighs for this section of 8 counts

- 1 Step right diagonally forward & bump right hip to right side
- 2 Bend knees slightly & bump hips down to right side
- 3 Straighten knees and bump right hip to right side
- 4 Bend knees slightly & bump hips down to right side
- 5-8 Repeat last 4 counts on opposite side

HIP SWAYS, SAILOR SHUFFLES (2), CROSS BEHIND, UNWIND

- 1-2 Step right on right foot at same time sway hips to right, repeat to left
- 3&4 Cross right foot behind left, step left foot in place, step slightly right on right foot
- 5&6 Cross left foot behind right, step right foot in place, step slightly left on left foot
- 7-8 Cross right behind left, unwind ½ turn to right (weight on right)

HITCH STEP SLIDES, HIP SWAYS AND TOUCH

- 1&2 Hitch left knee crossing it slightly over right, step to left side on left foot, slide right beside left
- 3&4 Repeat last 2 counts
- 5-6 Stepping left foot slightly to left place hands on top of thighs bending both knees and pushing hips out to left side, push hips out to right side bending knees a little further
- 7-8 Push hips out to left side as you start to straighten up taking weight on left, touch right toe out to right diagonal (legs should now be straight)

HITCH STEP SLIDES, HIP SWAYS AND TOUCH WITH ¼ TURN LEFT

- 1&2 Hitch right knee crossing it slightly over left, step to right side on right foot, slide left beside right
- 3&4 Repeat last 2 counts
- 5-6 Stepping right foot slightly to right side place hands on top of thighs bending both knees and pushing hips out to right side, push hips out to left side bending knees a little further
- 7-8 Push hips out to right side, as you start to straighten up turn ¼ turn left on right touching left toe forward

STEP TOUCHES TRAVELING FORWARD WITH FINGER SNAPS, SIDE TOE SWITCHES

Give this section a lot of attitude & use shimmies as you travel forward.

- 1-2 Step down on left foot bending knees, touch right toe out to right side snapping fingers & straightening up
- 3-4 Cross right foot over left bending knees, touch left toe out to left side snapping fingers & straightening up
- 5-6 Cross left foot over right bending knees, touch right toe out to right side snapping fingers & straightening up

- &7 Step right foot back to place, touch left toes out to left side
&8 Step left foot back to place, touch right toes out to right side

CROSSING SHUFFLE, ¼ TURN RIGHT AND SHUFFLE BACK, ROCK STEP, FORWARD SHUFFLE

- 1&2 Cross right foot over left, step left beside right, step left on right foot
3&4 As you turn ¼ turn right, shuffle back on left, right, left
5-6 Rock back on right foot kicking left foot forward at same time, rock forward on left foot
7&8 Shuffle forward on right, left, right

½ PIVOT TURNS, SYNCOPATED SIDE STEPS, HEEL BOUNCES

- 1-2 Step forward on left foot, pivot ½ turn right
3-4 Step forward on left foot, pivot ½ turn right
&5 Step left foot slightly left, step right foot slightly right
6-7-8 Bounce heels 3 times in place

Option: for counts &5-8 put left hand on left hip and hold right fingers on front brim of hat, looking down to floor.

REPEAT

When the song finishes, you will finish on the funky hip bumps, there is one last count when it says "Yeah". On this last count take your hat off your head with your right hand.
