

Monty Python Fun Dance

COPPERKNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Fun Beginner
编舞者: Jouk About (AUS) - October 2010
音乐: Liberty Bell (Monty Python's Flying Circus Theme) - Arthur W Sheriff : (Album: De Wolfe Music Presents - Monty Python's Flying Circus)



Start feet together

FORWARD WALK, WALK, WALK, FEET TOGETHER, 2 DIAGONAL HEEL SPLITS

1-4 Walk forward right, left, right, left together next to right
5,6 Move both heels out together at 45deg then back to centre
7,8 Move both heels out together at 45deg then back to centre

BACK WALK, WALK, WALK, FEET TOGETHER, 2 DIAGONAL HEEL SPLITS

1-4 Walk back right, left, right, left together next to right
5,6 Move both heels out together at 45deg then back to centre
7,8 Move both heels out together at 45deg then back to centre

RIGHT & LEFT SIDE PENDULUM SWING, FORWARD RIGHT & BACK LEFT PENDULUM SWING

1,2 Swing right foot out to right side above floor, then back together
3,4 Swing left foot out to left side above floor, then back together
5,6 Swing right foot forward above floor, then back together

(lean back with upper body from left knee)

7,8 Swing left foot back above floor, then back together

(lean forward with upper body from hips)

FORWARD LEFT LOCK, RIGHT SCUFF, FORWARD STEP, 1/4 LEFT SWIVEL, RIGHT TOGETHER STOMP, LEFT STOMP

1-4 Forward on left, Step right behind, Forward on left, Scuff floor with right
5,6 Step forward right, 1/4 turn left swiveling on both feet
7,8 Bring right foot up to left & stomp, then left stomp in place

Start again

Inspired by John Cleese, of course !