

Do The Monty

拍数: 32 墙数: 4 级数: Beginner
编舞者: William Sevone (UK) - October 2010
音乐: Liberty Bell March - 101 Strings Orchestra



Choreographers note:- There are many versions of this classic March – though only the first 1m 6secs (aprox) are actually used for this dance. First published October 2010.
Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.
Dance starts after a quick 3 second intro (see start position).

Start position: Right foot forward

Together. 4x Funky Chicken. Fwd. Rock. Recover (12:00)

- 1 – 2 Step left next to right. Funky Chicken (a).
- 3 – 4 Funky Chicken (b). Funky Chicken (a)
- 5 – 6 Funky Chicken (b). Step forward onto right.
- 7 – 8 Rock forward onto left. Recover onto right.

Dance Note: □

Funky Chicken (a) Hands on hips – elbows out. Toes together – heel out.

Funky Chicken (b) Hands on hips – elbows backward. Toes together – heels together.

The dancer can also bend their knees slightly to give an 'extra Chicken' feel.

Prissy Skips Back. Rock. Recover. Prissy Skips Forward (12:00).

- 9 – 10 raising left knee – Scoot backward on right foot. Step backward onto left.
- 11 – 12 raising right knee – Scoot backward on left foot. Step backward onto right.
- 13 – 14 raising left knee – Scoot backward on right foot. Step backward onto left.
- 15 – 16 raising right knee – Scoot backward on left foot. Step backward onto right.

Style note: Limply shake wrists at head height during section - you can wobble your head as well.

Rock. Recover. Prissy Skips Forward (12:00).

- 17 – 18 Rock backward onto left. Recover onto right.
- 19 – 20 raising left knee – Scoot forward on right foot. Step forward onto left.
- 21 – 22 raising right knee – Scoot forward on left foot. Step forward onto right.
- 23 – 24 raising left knee – Scoot forward on right foot. Step forward onto left.

Style note: Counts 19-24: Hold arms Rabbit fashion - with hands hanging limply forward.

Together. 2x Bend-Raise. Silly Walk (3:00).

- 25 – 26 Step right next to left. Keep back straight & bend knees outward (not full 'squats').
- 27 – 28 Straighten up. Keep back straight & bend knees outward.
- 29 – 30 Straighten up. Kick right foot forward.
- 31 – 32 Turn ¼ right & swing right leg backward (3). Take very large step forward onto right foot.

Add as much 'silliness' as you want to this dance – definitely not to be taken seriously.

The dance finishes after the 4th wall - facing 'Home'

Last Update - 21st Oct. 2015