

# Monica EZ

拍數: 88      牆數: 1  
編舞者: Winnie Yu (CAN) - February 2017  
音樂: Monica - Leslie Cheung

級數: Phrased Improver - Fun dance



Intro: 16 counts - Sequence: ABA BAC, A32, ABA BAC, BBB

## Part A: 40 counts

### Section A1: Vine R, Clap, Vine L, Clap

- 1-2-3-4      Step right to side, step left cross behind right, step right to side, touch left besides right & clap hands  
5-6-7-8      Step left to side, step right cross behind left, step left to side, touch right besides left & clap hands

### Section A2: K - Steps

- 1-2-3-4      Forward right to diag. R, touch left besides right, step left back to diag. L, touch right besides left  
5-6-7-8      Step right back to diag. R, touch left besides right, forward left to diag. L, touch right besides left

### Section A3: R Jazz Box, Hold, L Jazz Box, Hold

- 1-2-3-4      Cross right over left, step left back, step right to side, hold  
5-6-7-8      Cross left over right, step right back, step left to side, hold

### Section A4: V Shapes (Out, Out, In, In) x 2

- 1-2-3-4      Step right forward diag. R (R hand up), step left forward diag. L (L hand up), step right back to Center (bring back R hand in front of chest), step left together (bring back L hand in front of chest)  
5-6-7-8      Repeat counts: 1 – 4

### Section A5: R Side Rock, Recover, Cross, Hold, L Side Rock, Recover, Cross, Hold

- 1-2-3-4      Rock right to side, recover onto left, cross right over left, hold  
5-6-7-8      Rock left to side, recover onto right, cross left over right, hold

## Part B: 32 counts

### Section B1: (Side, Touch) x 4

- 1-2      Step right to side, touch left with  $\frac{1}{4}$  turn L (lean body in right & turn to 9:00)  
**Hand movement: Do karate chop with your right hand**  
3-4      Step left to left side, touch right with  $\frac{1}{2}$  turn R (lean body to left & turn to 3:00)  
**Hand movement: Do karate chop with your left hand**  
5-6      Step right to right side, touch left with  $\frac{1}{2}$  turn L (lean body to right & turn to 9:00)  
**Hand movement: Do karate chop with your right hand**  
7-8      Step left to left side, make a  $\frac{1}{4}$  turn right (weight still on left & face 12:00)  
**Hand movement: Do karate chop with your left hand**

### Section B2: Hitch, Out, Out, Shake Hips

- 1&2      Hitch right foot, jump & step back on right and left  
3-8&      Shake hips – R/L/R/L/R/L (end weight on left)  
**Hand movement: Both hands look like holding & playing on electric guitar**

### Section B3: (Kick, Fwd) x 4 – Moving Forward

- 1-2-3-4      Kick right forward, step right forward, kick left forward, step left forward  
5-6-7-8      Repeat counts: 1 – 4

### Section B4: Side, Finger Point, Shake Body

- 1-2-3-4      Step right to side, hold 3 counts (Point R & L index fingers forward with attitude)

5-6-7-8            Open both arms up while shaking body & look up (weight on left)

**Part C: 16 counts**

**Section C1: R / L Conga**

1-2-3-4            Make a  $\frac{1}{4}$  R walk forward R-L-R (9:00), make a  $\frac{1}{2}$  L using ball of right with touch left forward  
5-6-7-8            Walk forward L-R-L, make a  $\frac{1}{4}$  R using ball of left with touch right besides left

**Section C2: Walk Fwd: R-L-R, Kick Fwd, Walk Back: L-R-L, Touch Tog**

1-2-3-4            Walk forward right, left, right, kick left forward  
5-6-7-8            Walk back left, right, left, touch right together

**More Easy Version for Part C**

**Section 1: (Fwd Toe Strut) x 4**

1-2-3-4            Touch right toe forward, drop right heel down, touch left toe forward, drop left heel down  
5-6-7-8            Repeat counts: 1 – 4

**Section 1: (Back Toe Strut) x 4**

1-2-3-4            Touch right toe back, drop right heel down, touch left toe back, drop left heel down  
5-6-7-8            Repeat counts: 1 – 4

**Have Fun & Enjoy !**

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