

Mona Lisa

拍數: 128 牆數: 1 級數: Advanced Rumba
編舞者: Raymond Sarlemijn (NL), Roy Hadisubroto (NL) & Fiona Murray (IRE) - April 2015
音樂: Smile Mona Lisa - will.i.am



Start dancing on lyrics

- 1&2 Rock right side, recover to left, step right together
3&4 Rock left side, recover to right, step left together
5&6 Rock right heel forward (toe turned in), recover to left (right toe turned out), step right together
7&8 Rock left heel forward (toe turned in), recover to right (left toe turned out), step left together
- 1-2 Step right diagonally forward, touch left together
3-4 Step left diagonally forward, touch right together
5-6 Step right back, step left back
7&8 Step right back, step left together, touch right together
- 1-2 Step right side, step left together
3&4 Step right side, step left together, rock right side
5-6 Recover to left, step right together
7&8 Step left side, step right together, step left side
- 1&2 Cross/rock right heel over (toe turned in), recover to left (right toe turned out), step right side
3&4 Cross/rock left heel over (toe turned in), recover to right (left toe turned out), turn ¼ left and step left together
5&6 Cross/rock right heel over (toe turned in), recover to left (right toe turned out), step right side
7&8 Cross/rock left heel over (toe turned in), recover to right (left toe turned out), turn ¼ left and step left together
- 1-2 Step right side, step left together
3&4 Step right side, step left together, rock right side
5-6 Recover to left, step right together
7&8 Step left side, step right together, step left side
- 1&2 Cross/rock right heel over (toe turned in), recover to left (right toe turned out), step right side
3&4 Cross/rock left heel over (toe turned in), recover to right (left toe turned out), turn ¼ left and step left together
5&6 Cross/rock right heel over (toe turned in), recover to left (right toe turned out), step right side
7&8 Cross/rock left heel over (toe turned in), recover to right (left toe turned out), turn ¼ left and step left together
- 1& Step right side, step left side
2&3 Swivel toes in, swivel heels in, swivel toes in (weight to left)
4 Rock right back
5-7 Hold for 3 counts
- On counts 5&, cross arms and touch hands to opposite shoulders, uncross arms and touch hands to shoulders (right to right, left to left)**
On counts 6&, cross wrists low in front of body, touch hands to hips
On count 7, throw hands up and back to sides of head
8 Recover to left

- 1& Step right side, step left side
- 2&3 Swivel toes in, swivel heels in, swivel toes in (weight to left)
- 4 Rock right back
- 5-7 Hold for 3 counts

On counts 5&, cross arms and touch hands to opposite shoulders, uncross arms and touch hands to shoulders

(right to right, left to left)

On counts 6&, cross wrists low in front of body, touch hands to hips

On count 7, throw hands up and back to sides of head

- 8 Recover to left

- 1-2 Turn 1/8 right and step right forward, hold (1:30)

- 3-4 Step left forward, step right forward

- 5-6 Turn ¼ right and step left side, hold

- 7-8 Turn ¼ right (weight to right), hold (7:30)

- 1-4 Step left forward, step right forward, step left forward, step right forward

- 5-8 Turn 5/8 left and step left side, drag right toward left over 3 counts (12:00)

- 1-2 Turn 1/8 left and step right forward, hold (10:30)

- 3-4 Step left forward, step right forward

- 5-6 Turn ¼ right and step left side, hold

- 7-8 Turn ¼ right (weight to right), hold (4:30)

- 1-4 Step left forward, step right forward, step left forward, step right forward

- 5-8 Turn 5/8 left and step left side, drag right toward left, step right side, touch left together (6:00)

- 1-4 Step left back, step right back, step left back, step right back

- 5-8 Step left back, drag right toward left, turn ¼ left and step right side, drag left toward right (3:00)

- 1-4 Step left forward, step right forward, step left forward, step right forward

- 5-8 Cross/rock left over, recover to right, turn ½ left and step left forward, turn ½ left and step right back (3)

- 1-2 Turn ½ left and step left forward, step right forward,

- 3-4 Turn 1/8 left and step left forward, turn 1/8 left and step right forward (6:00)

- 5-8 Turn ¼ left and step left forward, turn ¼ left and step right forward, step left forward, hop left forward (12:00)

- 1-2 Step right forward, turn ¼ right and step left forward,

- 3-4 Turn ¼ right and step right forward, step left forward (6:00)

- 5-6 Turn ¼ right and step right forward, turn ¼ right and step left forward,

- 7-8 Step right forward, hop both feet forward (weight to left)

TAG : At the end of wall 2, change the final count 7 to hop both feet slightly forward.

On count 8 the rhythm changes dramatically.

Instead of counting it count 8, call it count 1 and dance the following tag:

- 1&a Stomp/rock right forward, recover to left, step right together

- 2&a Stomp/rock left forward, recover to right, step left together

- 3&a Stomp/rock right forward, recover to left, step right together

- 4&a Stomp/rock left forward, recover to right, step left together

- 5&a Stomp/rock right forward, recover to left, step right together

- 6&a Stomp/rock left forward, recover to right, step left together

- 7 Stomp/rock right forward (begin slowly raising hands)

8-10 Hold for 3 counts (continue raising hands until arms are crossed above you)

11-12 Recover to left, cross right over

13-16 Unwind a full turn left over 4 counts

17-20 Unwind a full turn right over 4 counts (weight to left)

Music now returns to original rhythm
