

Dance for Me (aka Dance Monkey)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Earleen Wolford (USA) - January 2020
音樂: Dance Monkey - Tones And I



Other music: These Days by MacKenzie Porter /country song, all music is on iTunes

Start dance on Lyrics - No Tags/No Restarts!

STARTS ON L DIAGONAL FACING 11 O'CLOCK STEP R, L NEXT TO R, STAY ON DIAGONAL STEP R/L/R, TOUCH L, TURN TO R DIAGONAL STEP L, R NEXT TO L, STAY ON DIAGONAL STEP L/R/L, TOUCH R, NOTE: USE FUNKY CHICKEN LEGS WITH STEPS

- 1,2 Starting on a L diagonal facing 11 O'clock with weight on L, Step R to R (1), Step L next to R (2)
3&4& Staying on the L diagonal, Step R to R (3), Step L next to R (&), Step R to R (4), Touch L toe next to R (&)
5,6 Turning R on a R diagonal facing 1:00, Step L to L (5), Step L next to R (6)
7&8& Staying on the R diagonal, Step L to L (7), Step R next to L (&), Step L to L (8), Touch R toe next to L (&) (L takes weight) (12:00)

Note: When doing steps 1,2,3&4& 5,6,7&8& you do 'Funky Chicken Leg moves/motion', but if you don't do funky chicken, you can just do step together, then triple steps (3&4&, 7&8&), but you still need to do the touch on the & count, it's Easy and not as hard as it sounds/looks.

Questions, please contact me.

STEP R BACK, TOUCH L NEXT TO R, STEP L BACK, TOUCH R NEXT TO L, STEP L BACK, STEP R NEXT TO L, TOUCH R NEXT TO L, SWEEP R AROUND ¼ L

- 1-4 On a slight R diagonal, Step R back (1), Touch L next to R (2), Step L back (3), Squaring off at 12:00, Touch R next to L (4)
5&6 Step R back (5), Step L back next to R (&), Touch R toe next to L (6) (12:00)
7,8 With weight on L, while pivoting ¼ turn L, Sweep R out and around to front L (7,8) (9:00)

TOE SWITCHES R/L/R, STEP R DOWN, LIFT BOTH HEELS UP/DOWN, 3 KNEE POPS, ¼ TURN L KNEE POP

- 1&2& Touch R toe forward (1), Bring R back to center (&), Touch L toe forward (2), Touch R forward (&),
3&4 Step down on R (3), Lift up both heels (&), Bring L down, keeping weight on L with R heel up (4)
5-7 3 Knee Pops R,L,R: Step R down, at the same time bend L Knee lifting only the L heel up, while the ball of L stays down (5), Step L down, at the same time bend R Knee lifting only the R heel up, while the ball of R toe stays down (6), Step R down, at the same time bend L Knee lifting only the L heel up, while the ball of L toe stays down (7) (9:00)
8 Knee pop ¼ L: Step ¼ L stepping down on L, at the same time bend R Knee lifting only the R heel, while the

ball of the R stays down (8) (L takes weight) 6:00

Optional: for count 5-8, instead of the knee pops, you and do walks with still doing ¼ turn L on count 8.

2 R KICK BALL CROSSES, 3 HIP SWAYS R/L/R, ¼ TURN L HIP SWAY

- 1&2 Small Kick R forward down (1), Step R back to center (&), Cross R over L (2)
3&4 Small Kick R forward down (3), Step R back to center (&), Cross R over L (4) (6:00)

Note: When doing the Crossing L over R, bend both knees

- 5-7 Bringing R from behind L from count 4 about, Step R to R, swaying R hip to R at the same time (5), Step L to L, swaying L hip to L at the same time (6), Step R to R, swaying R hip to R at the same time (7) (6:00)
8 Step ¼ turn to L on L, swaying L hip to L at the same time (8) (L takes weight) (3:00)

Begin again!

Enjoy my dance & just have FUN dancing it! WE "Gotta Dance"!! And please feel free to use any other music to do my dance, country or non-country both work!

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<http://www.youtube.com/user/earlfbilw> - <http://www.facebook.com/earleenwolford>

(aka Earleen 'Gotta Dance')

PLEASE DO NOT MODIFY OR CHANGE MY DANCE STEPS IN ANY WAY, PLZ CONTACT ME FOR ANY QUESITONS, THANK YOU!!

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