

Dance Monkey

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 1 級數: Phrased Easy Intermediate
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音樂: Dance Monkey - Tones And I



Intro: 16 counts.

Dance Sequence: AA BB CC / AA BB Cx4 / AA Cx4

Part A (16 counts)

Sec. 1 FORWARD STEP , TOGETHER, STEP BACK, TOGETHER, POINT/TOUCH TOES, TOGETHER

- 1-2 Step RF forward, LF together with R
- 3-4 Step RF back, slightly drag & close LF together with R
- 5-6 Point/touch R toes to R side & bring R toes to center
- 7 Point/touch R toes to R side
- & 8 Replace LF with R and point L toes to L

Sec. 2 CROSS & POINT , ROCK FORWARD, RECOVER, TRIPLE STEPS BACK

- 1-2 LF cross over R, RF point R
- 3-4 RF cross over L, LF point L
- 5-6 LF rock forward. Recover weight to R
- 7&8 Step back L, R, close LF together with R

PART B (16 counts)

Sec.1 CHASSE R & L, FLICK & CROSS, FULL SWIVEL TURN

- 1 & 2 Triple steps to the R
- 3&4 Triple steps to the L
- &5,6 Flick & cross RF over L, hold
- 7,8 Make a full counter - clockwise turn using R heel to rotate with LF flat on ground (1200)

Sec. 2 CROSS – ROCK, RECOVER, TOGETHER X 4

- 1&2 Cross – rock R over L, recover weight to L. Step R to R side
- 3&4 Cross – rock L over R, recover weight to R. Step L to L side
- 5&6 Repeat 1 & 2.
- 7&8 Repeat 3 & 4

PART C (16 counts)

Sec.1 BATUCADAS x 4 (HIP SHAKES ARE OPTIONAL), DIAGONAL STEP, TOGETHER

- 1& Simultaneously press ball of RF forward and step LF back (weight on L, shake hip to R)
- 2& Step back shifting weight to R. Simultaneously press ball of LF forward, shake hip to L
- 3& Repeat 1 & 2
- 4& Repeat 3 & 4
- 5,6 RF - step to R diagonal. Close LF with R
- 7,8 LF - step to L diagonal. Close RF with L

Sec. 2 WALK R, L. COASTER BACK, WALK BACK L, R, ½ TURN , TRIPLE STEPS

- 1,2 Walk R, L
- 3&4 Step RF forward, LF together, step R back
- 5,6,7&8 Walk back L, R. Turn ½ L, stepping forward L, R, LF together with R

Step sheet written by: Lee Pacaigue of The Headlinerz of NJ