

Mony Mony

拍數: 44 牆數: 4 級數: Phrased Improver
編舞者: Chris Jackson (UK) - December 2024
音樂: Mony Mony - Status Quo : (amazon)



#8-count intro. Three easy tags.

DANCE PART A: THREE TIMES

PART A - VINE RIGHT TOUCH, VINE QUARTER LEFT BRUSH

1-8 Right to right side, left behind right, right to right side, touch left next to right, left to left side, right behind left, make a quarter turn left and step forward left, brush right forward

STOMP, HEEL, TOE, HITCH, STOMP, HEEL, TOE, HEEL

9,10,11,12 Stomp right forward on right diagonal, move left heel towards right, move
13,14,15,16 left toe towards right, hitch left knee and straighten up to wall, stomp left forward on left diagonal, move right heel towards left, move right toe towards left, move right heel towards left and straighten up to wall

DANCE PART B: ONCE

PART B - ROCKING CHAIR, STEP-TURN-CROSS, HOLD,

1-8 Rock forward on right, recover on left, rock back on right, recover on left, forward right, pivot a quarter turn to your left, cross right over left, HOLD

ROCK AND CROSS, HOLD, SIDE-TOUCH, SIDE-TOUCH

9,10,11,12 Rock left to left side, recover on right, cross left over right, HOLD
13,14,15,16 Right to right side, touch left, left to left side, touch right

VINE RIGHT, TOUCH, SIDE-TOUCH, SIDE-TOUCH, VINE LEFT, TOUCH

17,18,19,20 Right to right side, left behind right, right to right side, touch left next to
21,22,23,24 right, left to left side, touch right next to left, right to right side, touch left
25,26,27,28 next to right, left to left side, right behind left, left to left side, touch right next to left

DANCE PART A TWICE - DANCE PART B UP TO STEP 16 ONCE

TAG 1 – TOE STRUT, TOE STRUT, TOE STRUT, TOE STRUT

1,2,3,4,5,6,7,8 Touch right toe forward, bring heel down, touch left toe forward, bring heel down, touch right toe forward, bring heel down, touch left toe forward, bring, heel down

DANCE PART A THREE TIMES - DANCE PART B ONCE

DANCE PART A TWICE – DANCE PART B UP TO STEP 16 ONCE

TAG 2 – SIDE, TOUCH, SIDE, BRUSH, CROSS ROCK, CHASSE RIGHT, IN FRONT, SIDE, BEHIND, SIDE, CROSS ROCK, QUARTER, TOUCH

1,2,3,4,5,6,7,8 Right to right side, touch left next to right, left to left side, brush right across
9,10,11,12 left, cross right over left, recover on left, right to right, left next to right,
13,14,15,16 right to right, cross left over right, right to right, left behind right, right to right, cross rock left over right, recover on right, quarter turn left stepping forward on left, touch right next to left –
REPEAT THREE TIMES

DANCE PART B UP TO STEP 16 ONCE – DANCE PART A TWICE

TAG 3 – ROCKING CHAIR, ROCKING CHAIR

1,2,3,4,5,6,7,8 Rock forward on right, recover on left, rock back on right, recover on left,

rock forward on right, recover on left, rock back on right, recover on left

DANCE PART A TWICE – DANCE PART B UP TO STEP 20 FACING FRONT
