

Monkey Business

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: The Monkey Song - The Sugar Bees



ROCK STEP, COASTER STEP, SIDE STEP, PUSH PIVOT, COASTER STEP

- 1-2 Step forward on right foot; rock back onto left foot
3&4 Step back on right foot; step left foot next to right; step forward on right foot
5-6 Step to the left on left foot; push off on left foot and pivot a ¼ turn to the left on ball of right foot
7&8 Step back on left foot; step right foot next to left; step forward on left foot

STEP-SLIDE, SYNCOPATED STEP-SLIDE-STEP, TO THE RIGHT MILITARY PIVOT, TURNING SHUFFLE

- 9-10 Step forward on right foot; slide left foot next to right and step
11&12 Step forward on right foot; slide left foot next to right and step; step forward on right foot
13-14 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot
15&16 Shuffle forward (left, right, left) making a ½ turn to the right on these steps

ROCK STEP, KICK-BALL-BALL, PIVOT, TOGETHER, SYNCOPATED TOE TOUCHES WITH ¼ TURN

- 17-18 Step back on right foot; rock forward onto left foot
19&20 Kick right foot forward; step on ball of right foot next to left; step forward on left foot
21-22 With feet in place, pivot ½ turn to the right and shift weight to right foot; step left foot next to right
23&24 Touch right foot to the right; step right foot to home making a ¼ turn to the left with the step; touch left foot forward

SYNCOPATED TOE TOUCHES, HOLD, ROMP, HOLD, SYNCOPATED TOE TOUCHES, CROSS, UNWIND

- &25 Step left foot to home; touch right toe next to left
26 Hold
&27 Step back and diagonally to the right on right foot; touch left toe forward
28 Hold
&29 Step left foot to home; touch right toe next to left
30 Touch right foot to the right
31-32 Cross right foot over left; unwind ½ turn to the left and shift weight to left foot

SYNCOPATED JAZZ SQUARE, TOGETHER, TO THE LEFT ROLLING TURN, TOUCH

- 33-34 Cross right foot over left and step; step back on left foot
& Step to the right on right foot
35-36 Cross left foot over right and step; step back on right foot
37-38 Step to the left on left foot and begin a full to the left rolling turn traveling to the left; step on right foot and continue full to the left rolling turn
39-40 Step on left foot and complete full to the left rolling turn; touch right foot next to left

FORWARD STOMPS WITH HAND MOVEMENTS, SYNCOPATED FORWARD JUMPS (GALLOPS)

- 41-42 Stomp forward on right foot, bending knees slightly and place right hand on top of right knee; hold
43-44 Stomp forward on left foot, bending knees slightly and place left hand on top of left knee; hold
Leave hands on knees during the following gallops
&45 Jump forward on right foot; jump left foot next to right
&46 Jump forward on right foot; jump left foot next to right
&47 Jump forward on right foot; jump left foot next to right

&48

Jump forward on right foot; jump left foot next to right

REPEAT
