

The Monkey Dance

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Gossip Folks - Missy Elliot



Position: Legs shoulder width apart

ARM SWINGS, SHOULDER POPS

- 1 Bend knees, use shoulders to swing right arm in front from right to left. While swinging left arm behind from left to right
- 2 Keeping knees bent, swing both arms to sides (where they were originally)
- 3&4 Legs straight, do shoulder pops: left-up / right down, right-up / left down, left-up / right down
- 5-6 Repeat counts (1-2), but opposite (left arm in front / right behind etc.)
- 7&8 Repeat counts (3&4), but opposite (right-up, left-up, right-up)

ELBOW, & STEP & STEP, POSE, POSE

Keep head facing forward for the next (4) counts

- 1 $\frac{1}{4}$ left stepping right to right side pushing right elbow to right side at shoulder level (head & elbow are towards starting wall (12:00))
- 2 Hold for (1) count, staying in current position throughout counts (&3&4)
- &3 Step right together, step left to left side
- &4 Step right together, step left to left side

Head can face normally now (3:00)

- 5 Sharply, while bending knees bring both hands down & in front of body crossing right hand over left (both palms facing body). While leaning body slightly to the left
- 6 Bring arms to both sides naturally straightening legs
- 7-8 Repeat counts (5-6), but opposite (left hand over right, leaning right etc.)

STEP, KICK, BACK, COASTER STEP, KICK, TOUCH $\frac{1}{2}$ TURN

- 1-2 Step left forward, kick right forward hopping on left
- 3 Step right back
- 4&5 Step left back, step right together, step left forward
- 6 Kick right forward hopping on left
- 7-8 Touch right toe back, pivot $\frac{1}{2}$ turn right (weight on right)

$\frac{1}{4}$ SIDE ROCK, $\frac{1}{2}$ CROSS SIDE, BEHIND UNWIND $\frac{3}{4}$ HITCH, ROCK STEP

- 1-2 $\frac{1}{4}$ turn right rocking left to left side, recover onto right
- & Hinge turn: on ball of right, $\frac{1}{2}$ turn left stepping left to left side
- 3-4 Cross-step right over left, step left to left side
- 5-6 Cross-step right behind left, unwind $\frac{3}{4}$ right ending by hitching right knee
- 7-8 Rock right to right side, recover onto left

Count 7: rocking to right. Right hand to right side palm facing forward, elbow tucked in to ribs. While rocking to right use your right hand to lean downwards with you, leaning to your right

Count 8: recovering. Keep in this position, and lean back upwards again

REPEAT