

# Mony Mony

拍數: 0                      牆數: 1                      級數: Intermediate  
編舞者: Maggie Gallagher (UK)  
音樂: Mony Mony - The Dean Brothers



Part A is the verse, Part B is the chorus. It will always be danced Verse-Chorus right through.

## PART A

### WALK, WALK, POINT, CROSS, POINT, CROSS, FORWARD-ROCK

1-2                      Step forward on right, step forward on left  
3-4                      Point right to side, cross step right over left  
5-6                      Point left to side, cross step left over right  
7-8                      Rock forward on right, recover weight onto left

### ¼ RIGHT, CLAP-CLAP-CLAP, & SIDE & SIDE, CLAP-CLAP-CLAP, HOLD

1-2&3                      Turn ¼ right stepping right to side, clap hands, clap hands, clap hands  
&4&5                      Step left together, step right to side, step left together, step right to side  
6&7-8                      Clap hands, clap hands, clap hands, hold

### FORWARD-ROCK, TRIPLE ½ TURN, FORWARD-ROCK, TRIPLE ½ TURN

1-2                      Rock forward on left, recover weight onto right  
3&4                      Triple step left, right, left making ½ turn left  
5-6                      Rock forward on right, recover weight onto left  
7&8                      Triple step right, left, right making ½ turn right

### STOMP, CLAP-CLAP-CLAP, & SIDE & SIDE, CLAP-CLAP-CLAP, HOLD

1-2&3                      Stomp left to side, clap hands, clap hands, clap hands  
&4&5                      Step right together, step left to side, step right together, step left to side  
6&7-8                      Clap hands, clap hands, clap hands, hold

### WALK, WALK, POINT, CROSS, ETC.

1-24                      Repeat the first 24 counts of Part A

### LEFT TOGETHER, LEFT TOUCH, RIGHT TOUCH, LEFT TOUCH

1-2                      Step diagonally forward left, step right together  
3-4                      Step diagonally forward left, touch right together  
5-6                      Step diagonally forward right, touch left together  
7-8                      Step diagonally forward left, touch right together

### TOE STRUT, TURN STRUT, TURN STRUT, TURN STRUT

1-2                      Touch right toe to side, drop heel to take weight  
3-4                      Turn ½ right and touch left toe to side, drop heel to take weight  
5-6                      Turn ½ left and touch right toe to side, drop heel to take weight  
7-8                      Turn ½ right and touch left toe to side, drop heel to take weight

Option note: do "hairbrushes" with finger clicks (like in the 60s) on the "yeahs"

### PADDLE TURNS (FULL TURN TOTAL)

Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah!

1-2                      Step forward on right, pivot ¼ left  
3-4                      Step forward on right, pivot ¼ left  
5-6                      Step forward on right, pivot ¼ left  
7-8                      Step forward on right, pivot ¼ left

## **PART B**

### **STEP, SHIMMY, TOUCH, CLAP, STEP SHIMMY, TOUCH, CLAP**

- 1-2 Step diagonally forward right with knees bent, slide left together shimmying shoulders
- 3-4 Touch left together straightening knees, clap
- 5-6 Step diagonally forward left with knees bent, slide right together shimmying shoulders
- 7-8 Touch right together straightening knees, clap

### **BACK STRUT, BACK, STRUT, BACK STRUT, BACK STRUT**

- 1-2 Touch right toe back, drop heel to take weight
- 3-4 Touch left toe back, drop heel to take weight
- 5-6 Touch right toe back, drop heel to take weight
- 7-8 Touch left toe back, drop heel to take weight

**Option note: do "hairbrushes" with finger clicks (like in the 60s) during these toe-struts**

### **KNEE-POP, HOLD, KNEE-POP, HOLD, KNEE LEFT, RIGHT, LEFT, RIGHT**

- 1-2 Pop your left knee in, hold
- 3-4 Pop your right knee in, hold
- 5-6 Pop your left knee in, pop your right knee in
- 7-8 Pop your left knee in, pop your right knee in

### **ROLLING VINE RIGHT, ROLLING VINE LEFT**

- 1-4 Step right, left, right, touch left and clap; making a whole turn right (traveling right)
- 5-8 Step left, right, left, touch right and clap; making a whole turn left (traveling left)

### **TOE STRUT, TURN STRUT, TURN STRUT, TURN STRUT**

- 1-2 Touch right toe to side, drop heel to take weight
- 3-4 Turn ½ right and touch left toe to side, drop heel to take weight
- 5-6 Turn ½ left and touch right toe to side, drop heel to take weight
- 7-8 Turn ½ right and touch left toe to side, drop heel to take weight

**Option note: do "hairbrushes" with finger clicks (like in the 60s) on the "yeahs"**

### **PADDLE TURNS (ONE AND A HALF TURN TOTAL)**

**Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah!**

- 1-2 Step forward on right, pivot ¼ left
- 3-4 Step forward on right, pivot ¼ left
- 5-6 Step forward on right, pivot ½ left
- 7-8 Step forward on right, pivot ½ left

**REPEAT**

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