

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!

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
