

Hot Monty

拍數: 32 牆數: 4 級數: Improver
編舞者: Giles Redpath (UK)
音樂: Hot Stuff - Donna Summer



RIGHT HEEL FORWARD, HOLD, BACK, HOLD, FORWARD, BACK, FORWARD, BACK

- 1 Place right heel forward
- 2 Hold
- 3 Place right toe back
- 4 Hold
- 5 Place right heel forward
- 6 Right toe back
- 7 Place right heel forward
- 8 Bring right foot next to left

BEND KNEES TWICE, SHUFFLE, KICK, ½ TURN HOP, BACK SHUFFLE

- 9-10 Bend at knees with feet together twice
- 11&12 Step left forward, bring right to left, step left forward
- 13 Kick right foot forward
- 14 ½ turn left by hopping onto right foot
- 15&16 Step left back, bring right to left, step left back
- & Bring right foot next to left

BEND KNEES TWICE, HEEL, TOES, HEELS RIGHT, JUMP OUT, CROSS, UNWIND

- 17-18 Bend at knees with feet together twice
- 19-21 Move both heels to the right, then toes, then heels
- 22 Jump both feet out shoulder width apart
- 23 Cross right over left
- 24 Unwind to the left
- & Bring right foot next to left

BEND KNEES TWICE, WALK FORWARD, CROSS, UNWIND ¾, BUMP HIPS

- 25-26 Bend at knees with feet together twice
- 27 Walk forward right
- 28 Walk forward left
- 29 Cross right over left
- 30 Unwind with a ¾ turn to left
- & Bring right foot next to left
- 31 Bump hips right
- 32 Bump hips left

During the knee bend on counts 9-10, 17-18 and 25-26, the 'Full Monty' version can be substituted (the scene in the job center when they start dancing). During the ¾ turn on count 30 the right finger should also be in the air.

REPEAT