

The Full Monty

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Mike Evans (UK) & Jane Barrington
音樂: Hot Stuff - Donna Summer



SWAY, SWAY, SWAY, JUMP, CROSS, SIDE, TURN, CROSS

- 1-2 Step weight onto left foot and sway to left, step weight onto right foot and sway to right
- 3-4 Step weight onto left foot and sway to left, jump ¼ turn to left landing feet apart
- 5-6 Cross right in front of left, step left to right side
- 7-8 Step right to right side making ½ turn right, cross left over in front of right

TOUCH RIGHT, TOUCH FORWARD, PIVOT & STOMP, RIGHT GRAPEVINE

- 9-10 Touch right toe out to right, touch right toe forward
- 11-12 Pivot ½ turn to left, stomp right next to left (bending both knees and making fists and pull down fists)
- 13-14 Step right to right side, cross left behind right
- 15-16 Step right to right side, touch left next to right

FORWARD HIP THRUSTS, LEFT HEEL & TOE TAPS

- 17-20 (With feet together, and arms parallel at waist level and fists clenched) 4 hip thrusts forward on the beat bringing arms back each time
- 21-22 Tap left heel forward, tap left toe back
- 23&24 Tap left heel forward, tap left toe back, tap left heel forward

LEFT GRAPEVINE, BACK WALKS

- 25-26 Step left to left side, cross right behind left
- 27-28 Step left to left side, touch right in place
- 29-30 Walk back right, left (or on spot if not enough room)
- 31-32 Walk back right, left (or on spot if not enough room) (at same time as walking back - bend over leaning forward and pull imaginary rope hand over hand)

FORWARD HIP THRUSTS, RIGHT HEEL & TOE TAPS

- 33-36 (With feet together, and arms parallel at waist level and with fists clenched) 4 hip thrusts forward on the beat bringing arms back each time
- 37-38 Tap right heel forward, tap right toe back
- 39&40 Tap right heel forward, tap right toe back, tap right heel forward

ROLLING GRAPEVINE RIGHT, BACK WALKS, PUNCH AIR

- 41-42 Step right making ¼ turn right, step back on left making ½ turn right
- 43-44 Step right making ¼ turn right, touch left beside right
- 45-46 Walk back right, left (or on spot if not enough room)
- 47-48 Walk back, right, left (or on spot if not enough room) (at same time as walking back - bend over leaning forward and pull imaginary rope hand over hand on last step punch the air with your fist and shout "Oy")

REPEAT