

Monica

Count: 0

Wall: 2

Level: Phrased Easy Intermediate

Choreographer: BM Leong (MY) - June 2008

Music: Monica - Lesley Cheung



Sequence of dance: ABABC / A(32) / ABABC / BBB

Count in: 16 counts starting on vocal.

Section A (40 counts.)

RIGHT VINE, TOUCH, STEP, TAP, BACK, TOUCH

- 1-2 Step right to right side, cross left behind right
- 3-4 Step right to right side, touch left beside right
- 5-6 Step left forward, tap right toes behind left heel
- 7-8 Step right back, touch left toes beside right toes

LEFT VINE, TOUCH, STEP, TAP, BACK, TOUCH

- 1-2 Step left to left side, cross right behind left
- 3-4 Step left to left side, touch right beside left
- 5-6 Step right forward, tap left toes behind right heel
- 7-8 Step left back, touch right toes beside left toes

FORWARD LOCK STEP WITH SCUFF X 2

- 1-2 Step right forward to right diagonal, lock left behind right
- 3-4 Step right forward diagonally, scuff left forward
- 5-6 Step left forward to left diagonal, lock right behind left
- 7-8 Step left forward diagonally, scuff right forward

ROCK, RECOVER, 1/2 TURN RIGHT, HOLD, ROCK, RECOVER, 1/2 TURN LEFT

- 1-2 Rock right forward, recover onto left
- 3-4 Turning 1/2 right step right forward, hold
- 5-6 Rock left forward, recover onto right
- 7-8 Turning 1/2 left step left forward, hold

SIDE-ROCK-CROSS, HOLD, SIDE-ROCK-1/2 TURN LEFT, HOLD

- 1-2 Rock right to right side, recover onto left
- 3-4 Cross right over left, hold
- 5-6 Rock left to left side, recover onto right
- 7-8 Turning 1/2 left step left to left side, hold

Section B (32 counts.)

STEP, HOLD, STEP, HOLD, STEP, HOLD, STEP, HOLD

- 1-2 Step right forward diagonally pushing both hands up, hold
- 3-4 Step left forward diagonally pushing both hands up, hold
- 5-6 Step right forward diagonally pushing both hands up, hold
- 7-8 Step left forward diagonally pushing both hands up, hold

KICK & TOUCH, RIGHT HIP BUMPS X 2, RIGHT SHOULDER PUSH X 4

- 1&2 Kick right forward, step right together, touch left forward diagonally
- 3-4 With weight on right, bump hips to right side twice pushing right palm forward & to the right
- 5-8 Push right shoulder forward 4 times.

BACK TOE STRUTS X 4

- 1-2 Touch left toes back, step left heel down
- 3-4 Touch right toes back, step right heel down
- 5-6 Touch left toes back, step left heel down
- 7-8 Touch right toes back, step right heel down

KICK & TOUCH, LEFT HIP BUMPS X 2, RIGHT SHOULDER PUSH X 4

- 1&2 Kick left forward, step left together, touch right forward diagonally
- 3-4 With weight on left, bump hips to left side twice pushing left palm forward & to the left
- 5-8 Push right shoulder forward 4 times

Section C (56 counts)

Counts 1-40 are the same as Section A

FORWARD MAMBO, HOLD, BACK MAMBO, HOLD

- 1-2 Rock right forward, recover onto left
- 3-4 Step right back, hold
- 5-6 Rock left back, recover onto right
- 7-8 Step left forward, hold

SIDE-ROCK-CROSS, HOLD X 2

- 1-2 Rock right to right side, recover onto left
 - 3-4 Cross right over left, hold
 - 5-6 Rock left to left side, recover onto right
 - 7-8 Cross left over right, hold
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