

Monkey Around

拍数: 32 墙数: 2 级数: Intermediate/Advanced
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音乐: Monkey Around - Delbert McClinton



STEP FORWARD, HEEL DROPS TURNING ½ LEFT, TOE IN, HEEL DROPS TURNING ½ RIGHT

- 1 Step forward with right foot
- & Turning ½ left, move left heel right (drop) so that left toe ends pointing toward back wall
- 2 Move right heel right (drop) so that both toes are pointing toward back wall
- 3 Turning ¼ right, move left toe in (drop), so that left toe is pointing toward side wall
- & Turning another ¼ right, move right heel left (drop), so that right toe is pointing toward front wall
- 4 Move left heel left (drop), so that both toes are pointing toward front wall with weight on left foot

TOUCH BACK, ½ TURN RIGHT, CROSS FRONT, ROCK, STEP

- 5 Touch ball of right foot back
- 6 Turn ½ right, keeping weight on left foot (right foot will be pointed forward)
- 7&8 Moving back, step right foot across in front of left, rock ball of left foot to left side, step center with right

CROSS FRONT, ROCK, STEP, TRAVELING LEFT: CROSS, BALL, CROSS

- 1&2 Step left foot across in front of right, rock ball of right to right side, step center with left foot
- 3&4 Step right foot across in front of left, step ball of left foot to left side, step right foot across in front of left again

STEP, HEEL, STEP, CROSS BACK, STEP, HEEL, STEP, CROSS BACK

- &5 Step left foot to left side, touch right heel forward to right at 45 degree angle
- &6 Step center with right foot, step left behind right
- &7 Step right foot to right side, touch left heel forward to left at 45 degree angle
- &8 Step center with left foot, step right behind left

¼ TURN RIGHT, STOMP, HOLD, HEEL, HEEL, CLAP, CLAP, SWIVELING HEEL DROPS

- &1 Step left to left side, turning ¼ right, lightly stomp right foot forward keeping weight on left foot
- 2 Hold
- & Turning ¼ left, move right heel right so that right toe points toward back wall
- 3 Move left heel right so that both toes point toward back wall
- &4 Clap twice
- &5 Turning ¼ right, move left heel to left, move right heel to left, both toes end pointing toward side wall
- &6 Turning ¼ left, move right heel to right, move left heel to right, both toes end pointing toward back wall
- &7&8 Repeat counts &5&6, shifting weight to left foot on count 8. (each of the heel moves should also be a heel drop)

SAILOR SHUFFLE RIGHT & LEFT, SAILOR SHUFFLE RIGHT & LEFT TRAVELING FORWARD

- 1&2 Step right behind left, rock ball of left to left side, step center with right
- 3&4 Step left behind right, rock ball of right to right side, step center with left
- 5-8 Repeat above 4 counts traveling forward

REPEAT

