Monkay Around



拍数: 64 墙数: 2 级数: Intermediate

编舞者: Pete Harkness (UK) & Kate Sala (UK)

音乐: Monkay Around - Travis Tritt: (Album: My Honky Tonk History)



Slightly Slower Music:- `Let?s Stay Together? by Lemar On the album `Dedicated?. 32 count intro.

Walk x 2, Sailor ½ Turn Right, Step Forward, Rock Back, Coaster Step. 12 Walk forward on right, left. 3 & 4 Cross step right behind left. Turn ½ right stepping left in place. Step forward on right. 5 6 Step forward on left. Rock back on right. 7 & 8 Step back on left. Step right next to left. Step forward on left.

Walk x 2 Sailor ½ Turn, Step Forward, Rock Back, Triple ½ Turn Left.
1 2 Walk forward on right, left.
3 & 4 Cross step right behind left. Turn ½ right stepping left in place.
Step forward on right.

5 6 Step forward on left. Rock back on right. 7 & 8 Turn ¼ left stepping left to left side. Step right next to left.Turn ¼ left stepping forward on left.

Pivot ½ Turn Left x 2, Cross step, Side Step Left & Cross, Step Right. 12 Step forward on right. Pivot ½ turn left. 3 4 Step forward on right. Pivot ½ turn left. 5 Cross step right over left. 6 & 7 Step left to left side. Step right in place & slightly back. Cross step left over right. 8 Step right to right side.

Back Rock & Hitch, Back rock & Forward Step, Pivot ½ Turn, Sweep, Weave. 1 & 2 Rock back on left. Recover on to right. Slightly hitch left up. 3 & 4 Rock back on left. Recover on to right. Step forward on left. 5 6 Pivot ½ turn R taking weight back on L. Sweep R foot round from front to back clockwise.

7 & 8 Cross step right behind left. Step left to left side. Cross step right in front of left.

Step Left Swaying Hips, Touch In, Long Step Right, Anchor Step. 1234 Step left swaying hips left, right, left. Touch right next to left. 5 Take a long step on right to right side. 6 & 7 Rock slightly back on left. Rock forward on right. Rock slightly back on left. 8 Step forward on right.

Forward Step, Side Touch Right, Montery 3/4 Turn Right, Full Turn Left, Chasse. 12 Step forward on left. Touch right toe out to right side. 3 & 4 Turn 3/4 turn right on ball of left. Step right in next to left. Touch left toe out to left side. 5 6 Full turn left travelling left on left, right. (Facing 9 o?clock). (complete full turn with next step). 7 & 8 Step left to left side. Step right next to left. Step left to left

side.

Forward step, Sweep, Cross Step, Back Rock, Step Forward, Behind Rock, Back step. 1 2 Step forward on right. Sweep left round from back to front clockwise. 3 4 5 Cross step left over right. Rock back on right. Recover forward on left. 6 Step forward on right. 7 & 8 Cross rock left slightly behind right letting the body turn slightly to left diagonal. Step right in place. Step back on left squaring the body up to the 9 0?clock wall.

Full Turn Back, Rock Back, Full Turn Forward, Sweep 1/4 Turn Left & Touch. 1 2 Turn ½ right stepping forward on right. Turn ½ right stepping back on left. 3 4 Rock back on right. Rock forward on left. 5 6 Turn ½ left stepping back on right. Turn ½ left stepping forward on left. 7 8 Pivot 1/4 left on ball of left sweeping right foot round to the right. Touch right toe next to left.