Dance Monkey Remix

拍數: 32

級數: Absolute Beginner

編舞者: Penny Tan (MY) - June 2025

音樂: Dance Monkey (Arabic Remix) - Tones and I

Dance start on vocal "oh my" - *No Tag / No Restart

SEC1:SIDE, TOGETHER, SIDE, TOUCH (R-L)

- Step RF to R, step LF next to RF, step RF to R, touch LF beside RF with hip bump 1-4
- 5-8 Step LF to R, step RF next to LF, step LF to L, touch RF beside LF with hip bump

SEC2:ROCKING CHAIR, 1/8 PADDLE TURN L x2

- 1-4 Step RF fwd , recover on L , step RF back, recover on L
- Step RF fwd with hip roll, 1/8 turn L, step LF on L 5-6
- Step RF fwd with hip roll, 1/8 turn L, step LF on L (9:00) 7-8

SEC3:SIDE CHASSE, BACK, RECOVER (R-L)

- 1&2 Step RF to R, step LF next to RF, step RF to R
- Step LF behind RF , recover on R 3-4
- 5&6 Step LF to L, step RF next to LF, step LF to L
- Step RF behind LF , recover on L 7-8

SEC4:1/4 PADDLE TURN L x2, SIDE WITH SHIMMY (R-L)

- 1-2 Step RF fwd with hip roll, 1/2 turn L, step LF on L (6:00)
- 3-4 Step RF fwd with hip roll, 1/8 turn L, step LF on L (3:00)
- 5-6 Step RF to R with shimming shoulder to R
- 7-8 Step LF on L with shimming shoulder to L (weight on L)

Note: This is a remix music of Arabic version, you can try it with few Belly Dance Moves.

Have fun and happy dancing!





牆數: 4