Mony Mony



拍數: 0 牆數: 1 級數: Intermediate

編舞者: Maggie Gallagher (UK)

音樂: Mony Mony - The Dean Brothers



Part A is the verse, Part B is the chorus. It will always be danced Verse-Chorus right through.

PART A

WALK, WALK, POINT, CROSS, POINT, CROSS, FORWARD-ROCK

1-2	Step forward on right, step forward on left
3-4	Point right to side, cross step right over left
5-6	Point left to side, cross step left over right
7-8	Rock forward on right, recover weight onto left

1/4 RIGHT, CLAP-CLAP-CLAP, & SIDE & SIDE, CLAP-CLAP-CLAP, HOLD

1-2&3	Turn ¼ right stepping right to side, clap hands, clap hands, clap hands
&4&5	Step left together, step right to side, step left together, step right to side

6&7-8 Clap hands, clap hands, clap hands, hold

FORWARD-ROCK, TRIPLE ½ TURN, FORWARD-ROCK, TRIPLE ½ TURN

1-2	Rock forward on left, recover weight onto right
3&4	Triple step left, right, left making ½ turn left
5-6	Rock forward on right, recover weight onto left
7&8	Triple step right, left, right making ½ turn right

STOMP, CLAP-CLAP-CLAP, & SIDE & SIDE, CLAP-CLAP-CLAP, HOLD

1-2&3	Stomp left to side, clap hands, clap hands, clap hands	
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&4&5 Step right together, step left to side, step right together, step left to side

6&7-8 Clap hands, clap hands, clap hands, hold

WALK, WALK, POINT, CROSS, ETC.

1-24 Repeat the first 24 counts of Part A

LEFT TOGETHER, LEFT TOUCH, RIGHT TOUCH, LEFT TOUCH

1-2	Step diagonally forward left, step right together
3-4	Step diagonally forward left, touch right together
5-6	Step diagonally forward right, touch left together
7-8	Step diagonally forward left, touch right together

TOE STRUT, TURN STRUT, TURN STRUT, TURN STRUT

1-2 Touch right toe to side, drop heel to take weigh	t
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3-4	Turn ½ right and touch left toe to side, drop heel to take weight	
5-6	Turn ½ left and touch right toe to side, drop heel to take weight	
7-8	Turn ½ right and touch left toe to side, drop heel to take weight	
Option note: do "hairbrushes" with finger clicks (like in the 60s) on the "yeahs"		

PADDLE TURNS (FULL TURN TOTAL)

Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah!

1-2	Step forward on right, pivot 1/4 left
3-4	Step forward on right, pivot 1/4 left
5-6	Step forward on right, pivot 1/4 left
7-8	Step forward on right, pivot 1/4 left

PART B

STEP, SHIMMY, TOUCH, CLAP, STEP SHIMMY, TOUCH, CLAP

1-2	Step diagonall	v forward right with knees bent.	, slide left together shimmying shoulders
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3-4 Touch left together straightening knees, clap

5-6 Step diagonally forward left with knees bent, slide right together shimmying shoulders

7-8 Touch right together straightening knees, clap

BACK STRUT, BACK, STRUT, BACK STRUT, BACK STRUT

1-2	Touch right toe back, drop heel to take weight
3-4	Touch left toe back, drop heel to take weight
5-6	Touch right toe back, drop heel to take weight
7-8	Touch left toe back, drop heel to take weight

Option note: do "hairbrushes" with finger clicks (like in the 60s) during these toe-struts

KNEE-POP, HOLD, KNEE-POP, HOLD, KNEE LEFT, RIGHT, LEFT, RIGHT

1-2	Pop your left knee in, hold
3-4	Pop your right knee in, hold

5-6 Pop your left knee in, pop your right knee in 7-8 Pop your left knee in, pop your right knee in

ROLLING VINE RIGHT, ROLLING VINE LEFT

1-4	Step right, left, right, touch left and clap; making a whole turn right (traveling right)
5-8	Step left, right, left, touch right and clap; making a whole turn left (traveling left)

TOE STRUT, TURN STRUT, TURN STRUT, TURN STRUT

1-2 Touch right toe to side, drop heel to take weig	Touch ric	ht toe to side	e, drop heel to	take weigh
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Turn ½ right and touch left toe to side, drop heel to take weight

Turn ½ left and touch right toe to side, drop heel to take weight

Turn ½ right and touch left toe to side, drop heel to take weight

Option note: do "hairbrushes" with finger clicks (like in the 60s) on the "yeahs"

PADDLE TURNS (ONE AND A HALF TURN TOTAL)

Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah!

1-2	Step forward on right, pivot ¼ left
3-4	Step forward on right, pivot 1/4 left
5-6	Step forward on right, pivot ½ left
7-8	Step forward on right, pivot ½ left

REPEAT