Hot Monty



拍數: 32 牆數: 4 級數: Improver

編舞者: Giles Redpath (UK)

音樂: Hot Stuff - Donna Summer



RIGHT HEEL FORWARD, HOLD, BACK, HOLD, FORWARD, BACK, FORWARD, BACK

1 Place right heel forward

2 Hold

3 Place right toe back

4 Hold

5 Place right heel forward

6 Right toe back

Place right heel forwardBring right foot next to left

BEND KNEES TWICE, SHUFFLE, KICK, ½ TURN HOP, BACK SHUFFLE

9-10 Bend at knees with feet together twice

11&12 Step left forward, bring right to left, step left forward

13 Kick right foot forward

14 ½ turn left by hopping onto right foot

15&16 Step left back, bring right to left, step left back

& Bring right foot next to left

BEND KNEES TWICE, HEEL, TOES, HEELS RIGHT, JUMP OUT, CROSS, UNWIND

17-18 Bend at knees with feet together twice

19-21 Move both heels to the right, then toes, then heels

22 Jump both feet out shoulder width apart

Cross right over leftUnwind to the left

& Bring right foot next to left

BEND KNEES TWICE, WALK FORWARD, CROSS, UNWIND 34, BUMP HIPS

25-26 Bend at knees with feet together twice

Walk forward right
Walk forward left
Cross right over left

30 Unwind with a ¾ turn to left & Bring right foot next to left

31 Bump hips right 32 Bump hips left

During the knee bend on counts 9-10, 17-18 and 25-26, the 'Full Monty' version can be substituted (the scene in the job center when they start dancing). During the ¾ turn on count 30 the right finger should also be in the air.

REPEAT