



MONY MONY

Choreographer: Maggie Gallagher

Description: Phrased - 1 Wall

Level: Intermediate

Suggested Music: Mony Mony by Dean Brothers

Note: 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

¼ 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
- &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, 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

¼ 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
- 2&3 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

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 weight
 - 3-4 Turn ½ right and touch left to 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 to to side, drop heel to take weight
- Option note: do "hairbrushes" with finger clicks (like in the 60's) on the "yeahs"

PADDLE TURNS (FULL TURN TOTAL) Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah!

- 1-4 Step forward on right, pivot ¼ left, step forward on right, pivot ¼ left
- 5-8 Step forward on right, pivot ¼ left, step forward on right, pivot ¼ left

PART B: STEP, SHIMMY, TOUCH, CLAP, STEP SHIMMY, TOUCH, CLAP

- 1-2 Step diagonally forward right with knees bent, slide left together shimmying shoulders
- 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 60's) during these toe-struts

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

- 1-4 Pop your left knee in, hold TWICE
- 5-8 Pop your left knee in, 'pop' your right knee in TWICE

ROLLING VINE RIGHT, ROLLING VINE LEFT

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

TOE STRUT, TURN STRUT, TURN STRUT, TURN STRUT

- 1-2 Touch right toe to side, drop heel to take weight
 - 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 60's) on the "yeahs"

PADDLE TURNS (1 ½ TURNS TOTAL) Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah! Yeah!

- 1-4 Step forward on right, pivot ¼ left, step forward on right, pivot ¼ left
- 5-8 Step forward on right, pivot ½ left, step forward on right, pivot ½ left

REPEAT