

# My Dance Monkey

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**Count:** 96

**Wall:** 4

**Level:** Phrased Improver / Intermediate

**Choreographer:** Johanna Östman - October 2019

**Music:** Dance Monkey by Tones and I (3:29)

## **Intro: 16 counts - Sequence AABAABBCBB**

### **Section A: 32 counts**

#### **(1-8) Vine R, Cross Shuffle R, Side Rock, Cross Shuffle L**

- 1 & 2** Step RF to R (1), step LF behind RF (&), step RF to R (2)
- 3 & 4** Cross step LF over RF (3), step RF to R (&), cross step LF over RF (4)
- 5, 6** Rock RF to R (5), recover onto LF (6)
- 7 & 8** Cross step RF over LF (7), step LF to L (&), cross step RF over LF (8)

#### **(9-16) Turn ¼ R, Cross Shuffle R, Syncopated rocks**

- 1, 2** Turn ¼ R stepping back on LF (1), turn ¼ R stepping RF to to R (6:00) (2)
- 3 & 4** Cross step LF over RF (3), step RF to R (&), cross step LF over RF (4)
- 5 & 6 &** Rock RF to R (5), recover weight on LF (&), cross RF over LF (6), rock LF to L (&)
- 7, 8** Recover weight on RF (7), cross LF over RF (8)

#### **(17-24) Point L, Point R, Jazzbox ¼ R**

- 1, 2** Walk fwd RF (1), Point LF to L (2)
- 3, 4** Walk fwd LF (3), Point RF to R (4)
- 5-8** Cross RF over LF (5), step LF back (6), turn ¼ R stepping fwd on RF (9:00) (7), step LF fwd (8)

#### **(25-32) Rocking chair, Step Turn ½ L, Full turn L**

- 1, 2** Rock RF fwd (1), recover onto LF (2)
- 3, 4** Rock RF back (3), recover onto LF (4)
- 5, 6RF step fwd (5), ½ turn L (3:00) (6)**
- 7, 8** Turn ½ L stepping back on RF (7), turn ½ L stepping fwd on LF (8) \*

**\* (Non-turning option: Walk fwd RF (7), walk fwd LF(8))**

## Section B: 32 counts

### (1-8) Syncopated Rocks, Coaster Step, Syncopated Rocks, Coaster Step

- 1 & 2 & Rock RF fwd (1), recover onto LF (&), rock RF to R (2), recover onto LF (&)
- 3 & 4 Step RF back (3), close LF to RF (&), step RF forward (4)
- 5 & 6 & Rock LF fwd (5), recover onto RF (&), rock LF to L (6), recover onto RF (&)
- 7 & 8 Step LF back (7), close RF to LF (&), step LF forward (8)

### (9-16) Walk, Walk, Shuffle Fwd, Step Turn $\frac{1}{2}$ R, Walk, Walk

- 1, 2 Walk fwd RF (1), walk fwd LF (2)
- 3 & 4 Step RF fwd (3), close LF to RF (&), step RF fwd (4)
- 5, 6LF step fwd (5),  $\frac{1}{2}$  turn R (6:00) (6)
- 7, 8 Walk fwd LF (7), walk fwd RF (8)

### (17-24) Syncopated Rocks, Coaster Step, Syncopated Rocks, Coaster Step

- 1 & 2 & Rock LF fwd (1), recover onto RF (&), rock LF to L (2), recover onto RF (&)
- 3 & 4 Step LF back (3), close RF to LF (&), step LF forward (4)
- 5 & 6 & Rock RF fwd (5), recover onto LF (&), rock RF to R (6), recover onto LF (&)
- 7 & 8 Step RF back (7), close LF to RF (&), step RF forward (8)

### (25-32) Point R, Point L, Jazzbox $\frac{1}{4}$ L

- 1, 2 Walk fwd LF (1), Point RF to R (2)
- 3, 4 Walk fwd RF (3), Point LF to L (4)
- 5 - 8 Cross LF over RF (5), step RF back (6), turn  $\frac{1}{4}$  L stepping fwd on LF (9:00) (7), touch RF beside LF (8)

## Section C: 32 counts

### (1-8) Sweep fwd, Cross, Side, Sweep back, Behind, Side

- 1, 2 Step RF fwd as you sweep LF around CW (clockwise) (1, 2)
- 3, 4 Cross LF over RF (3), step RF to R (4)
- 5, 6 Step LF behind RF as you sweep RF around CW (5, 6)
- 7, 8 Cross RF behind LF (7), step LF to L (8)

### **(9-16) Step Turn ½ L with Hold x 2**

**1, 2** Step RF fwd (1), hold (2)

**3, 4½ turn L (6:00) (3), hold (4)**

**5, 6** Step RF fwd (5), hold (6)

**7, 8½ turn L (12:00) (7), hold (8)**

### **(17-24) Sweep fwd, cross, side, sweep back, behind, side**

**1, 2** Step RF fwd as you sweep LF around CW (clockwise) (1, 2)

**3, 4** Cross LF over RF (3), step RF to R (4)

**5, 6** Step LF behind RF as you sweep RF around CW (5, 6)

**7, 8** Cross RF behind LF (7), step LF to L (8)

### **(25-32) Step Turn ½ L with Hold, Jazzbox**

**1, 2** Step RF fwd (1), hold (2)

**3, 4½ turn L (6:00) (3), hold (4)**

**5 - 8** Cross RF over LF (5), step LF back (6), step RF to R (7), step LF fwd (8)

**END OF DANCE: You will be facing the front, change steps 31-32 in section B to step LF to L, step RF fwd and add step LF fwd, Finished! (Do a Jazzbox without a turn and add an extra step :)**

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