

"DO THE MONKEY"-USING ARM MOVEMENTS (LIKE SOME OF US DID IN THE 60'S)

- 1 - 3 Bending knees, step right to right side & do "the monkey" (make fist with hands, bend arms at elbows: right fist goes up, left fist down, then switch, & switch)
4 Touch left beside right (holding right fist up & left fist down)
5 - 7 Bending knees, step left to left side & do "the monkey" (left fist goes up & right fist down, switch, & switch)
8 Touch right beside left (holding left fist up & right fist down)

"DO THE SWIM" ("PONIES")

- 1 & 2 Triple ("pony") in place right-left-right (extend right hand forward-palm down & wiggle head!
3 & 4 "Pony" left-right-left (extend left hand forward-palm down & wiggle head
5 & 6 Repeat 1&2
7 & 8 Repeat 3&4

STEP, BEHIND, "PONY"; STEP, BEHIND, "PONY"

- 1 - 2 Step right to right side, step left behind right
3 & 4 "Pony" in place right-left-right
5 - 6 Step left to left side, step right behind left
7 & 8 "Pony" in place left-right-left

KNEE POPS WITH HOLDS; ALTERNATING KNEE POPS

- & 1 - 2 Quickly step on right; pop left knee forward; hold & snap fingers
& 3 - 4 Quickly step on left; pop right knee forward; hold & snap fingers
& 5 & 6 Quickly step on right; pop left knee forward; quickly step on left; pop right knee forward
& 7 & 8 Repeat counts &5&6

RIGHT SIDE SHUFFLE; FULL TURN RIGHT; LEFT SIDE SHUFFLE; ROCK-STEP

- 1 & 2 Shuffle to right side-right-left-right
3 - 4 Step left over right as you begin full turn right; step on right as you complete full turn right
5 & 6 Shuffle to left side-left-right-left
7 - 8 Rock back on right, recover forward on left

SCUFF-HITCH-STEP 4 TIMES MOVING FORWARD

- 1 & 2 Scuff right forward; hop on left while hitching right knee; step on right
3 & 4 Scuff left forward; hop on right while hitching left knee; step on left
5 & 6 Repeat 1&2
7 & 8 Repeat 3&4

SCOOT/SKIPS BACKWARDS

- & 1 Scoot/skip back on left while hitching right knee; step down on right
& 2 Scoot/skip back on right while hitching left knee; step down on left
& 3 Repeat counts &1
& 4 Repeat counts &2

JUMP BOTH FEET OUT; CROSS LEFT OVER RIGHT; UNWIND 1/2 RIGHT; CLAP

- 5 - 6 Jump both feet apart; cross left over right
7 - 8 Unwind 1/2 right; clap

RIGHT & LEFT SAILOR SHUFFLES; STEP-PIVOT 1/4 LEFT; STOMPS RIGHT & LEFT

- 1 & 2 Right sailor shuffle
3 & 4 Left sailor shuffle
5 - 6 Step forward on right; pivot 1/4 left
7 - 8 Stomp right; stomp left

RIGHT MONTEREY TURNS

- 1 - 2 Touch right to right side; on ball of left, pivot 1/2 right bringing right beside left
3 - 4 Touch left to left side; step left beside right
5 - 8 Repeat counts 1-4

"MASHED POTATOES"

- & 1 Swivel both toes in; swivel both toes out as you step back on right
- & 2 Swivel both toes in; swivel both toes out as you step back on left
- & 3 & 4 Swivel both toes in; swivel both toes out as you step back on right; swivel both toes in; swivel both toes out (don't step back) (weight on right)
- & 5 Swivel both toes in; swivel both toes out as you step back on left
- & 6 Swivel both toes in; swivel both toes out as you step back on right
- & 7 & 8 Swivel both toes in; swivel both toes out as you step back on left; swivel both toes in; swivel both toes out

REPEAT

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