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E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)

## Mony Mony

1 wall, intermediate level

Choreographer: Maggie Gallagher Aug 2001

Choreographed to: "Mony Mony" from The Maggie G

Experience CD: "Band Of Gold" 142 bpm

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**Note:** Part 1 is the verse, Part 2 is the chorus. It will always be danced Verse-Chorus right through.

### **PART 1 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 1/4 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 1/2 TURN, FORWARD-ROCK, TRIPLE 1/2 TURN**

1,2 Rock forward on left, Recover weight onto right  
2&3 Triple step left, right, left making 1/2 turn left  
5,6 Rock forward on right, Recover weight onto left  
7&8 Triple step right, left, right making 1/2 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

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

1,2&3 Turn 1/4 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 1/2 TURN, FORWARD-ROCK, TRIPLE 1/2 TURN**

1,2 Rock forward on left, Recover weight onto right  
2&3 Triple step left, right, left making 1/2 turn left  
5,6 Rock forward on right, Recover weight onto left  
7&8 Triple step right, left, right making 1/2 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 1/2 right and touch left to to side, Drop heel to take weight  
5,6 Turn 1/2 left and touch right toe to side, Drop heel to take weight  
7,8 Turn 1/2 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!**

1,2 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 2 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**

- 1,2 '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 (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 1/2 right and touch left to to side, Drop heel to take weight  
5,6 Turn 1/2 left and touch right toe to side, Drop heel to take weight  
7,8 Turn 1/2 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 (1+1/2 TURNS TOTAL) Yeah! 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 1/2 left  
7,8 Step forward on right, Pivot 1/2 left

**Begin again.**

**Remember, simply dance all of the steps straight through.**