

## Mony Mony Aerobic Routine

From the CD "The Very Best of Tommy James & The Shondells"  
Choreographed by Kathy Wagner, Wichita Collegiate School

Instrumental Introduction – 16 fast counts – Bounce knees and snap on the off beat 8x

### LYRICS

Here she comes now, say, Mony, Mony.

(Instrumental – 8 fast counts)

Shoot 'em down, turn around, come on, Mony.

(Instrumental – 8 fast counts)

Hey, she give me love and I feel all right now.

(Instrumental – 8 fast counts) You gotta...

Toss and turn in the middle of the night

And I feel all right. I say

Yeah (Yeah) Yeah (Yeah)

Yeah (Yeah) Yeah (Yeah) Yeah (Yeah)

'Cause you make me

Feel (Mony, Mony) so (Mony, Mony) good (Mony, Mony)

Yeah (Mony, Mony), so good (Mony, Mony)

All right (Mony, Mony), come on (Mony, Mony)

All right baby (Mony, Mony) Say

Yeah (Yeah) Yeah (Yeah)

Yeah (Yeah) Yeah (Yeah) Yeah (Yeah) Yeah (Yeah)

(Instrumental – 8 fast counts)

Wake me, shake me, Mony, Mony

(Instrumental – 8 counts)

Shot gun dead and come on, Mony,

(Instrumental – 8 counts)

Don't stop cookin', it feels so good Yeah

(Instrumental – 8 counts)

### ACTIONS

Jog 8 fast in place, clap on off beat

Hit thighs and jump back 4x slow

Jog 8 fast in place, clap on off beat

Hit thighs and jump forward 4x slow

Jog 8 fast in place, clap on off beat

Hit thighs and jump back 4x slow

6 jumping jacks – 2 counts each

Tuck - 2 cts, open to big X - 2 cts -

Tuck – 2 cts, open to big X – 2 cts

Both arms pull in to chest, R hand reaches to L diagonal – 2 cts – Both arms pull in to chest again and L

hand reaches to R diagonal – 2 cts –

**Repeat** both hands for total of 8 cts

Jog around the room for 32

fast counts, giving friends a

high five. Return to place on

last 16 counts

Tuck - 2 cts, open to big X - 2 cts -

Tuck - 2 cts, open to big X - 2 cts -

Both arms pull in to chest, R hand reaches to L diagonal – 2 cts – Both arms pull in to chest again and L

hand reaches to R diagonal – 2 cts –

**Repeat** both hands for total of 8 cts

Bounce knees, snap 4x on off beat

Jog 8 fast in place, clap on off beat

Hit thighs and jump back 4x slow

Jog 8 fast in place, clap on off beat

Hit thighs and jump forward 4x slow

Jog 8 fast in place, clap on off beat

Hit thighs and jump back 4x slow

Hey don't stop now. Hey, come on Mony,  
Come on Mony

6 jumping jacks – 2 counts each

Yeah (Yeah) Yeah (Yeah)

Tuck - 2 cts, open to big X - 2 cts -  
Tuck - 2 cts, open to big X - 2 cts -

Yeah (Yeah) Yeah (Yeah) Yeah (Yeah)  
'Cause You make me

Both arms pull in to chest, R hand  
reaches to L diagonal – 2 cts – Both  
arms pull in to chest again and L  
hand reaches to R diagonal – 2 cts –  
**Repeat** both hands for total of 8 cts

Feel (Mony, Mony) so (Mony, Mony) good (Mony, Mony)  
Yeah (Mony, Mony) alright (Mony, Mony)  
come on (Mony, Mony) so good (Mony Mony)  
Well all right (Mony Mony) I say

Skip around the room for 32  
fast counts, Return to place  
on last 16 counts

Yeah (Yeah) Yeah (Yeah)

Tuck - 2 cts, open to big X - 2 cts  
Tuck - 2 cts, open to big X - 2 cts

Yeah (Yeah) Yeah (Yeah) Yeah (Yeah) Owww

Both arms pull in to chest, R hand  
reaches to L diagonal – 2 cts – Both  
arms pull in to chest again and L  
hand reaches to R diagonal – 2 cts –  
**Repeat** both hands for total of 8 cts

Instrumental – 6 counts then “Ooh, I love you”

Bounce knees, snap 4x on off beat

Mony, Mo, Mo, Mony (so good) I love you  
Mony, Mo, Mo, Mony (so good) I love you  
Mony, Mo, Mo, Mony (all right) I love you  
Mony, Mony (Mony, Mony)  
Yeah (Yeah) Yeah (Yeah)  
Yeah (Yeah) Yeah (Yeah) Yeah (Yeah) Yeah  
Come on, Come on, Come on, Everybody  
All right, all right, yeah, so good

4 kicks  
4 knees  
4 kicks  
4 knees  
Two step R, clap, two step L, clap  
One step R, L, R, L, with clap above head  
Grapevine R, L, R, L  
Jog 8 counts in an individual small circle to  
The right, then jog 8 counts in an individual  
small circle to the left  
Pull body into a tuck position for 2 counts  
Open to a big X and freeze – yell Yeah!

Yeah....