

# Manic Monday

**Compte:** 64

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Lorna Mursell (UK) & Roz Chaplin (UK) - November 2012

**Musique:** Manic Monday - The Bangles : (CD: Greatest Hits)



## 36 Count Intro

### WALK X2, SKATE X2, FORWARD ROCK, RECOVER, SHUFFLE BACK

- 1-2 Walk right, walk left
- 3-4 Skate forward on right, skate forward on left
- 5-6 Rock forward on right, recover on left
- 7&8 Step back right, close left beside right, step back on right

### BACK ROCK, RECOVER, KICKBALL CROSS, SIDE ROCK, RECOVER, BEHIND SIDE STEP

- 1-2 Rock back on left, recover on right
- 3&4 Kick left forward, step left beside right, cross right over left
- 5-6 Rock left to left side, recover on to right
- 7&8 Cross left behind right, step right to right side, step left forward

### TOE STRUT, ¼ TOE STRUT, CROSS, BACK, CHASSE

- 1-2 Touch right toe, drop right heel (taking weight)
- 3-4 Make ¼ turn left touching left toe forward, drop left heel (taking weight) (9)
- 5-6 Cross right over left, step back on left
- 7&8 Step right to right side, close left beside right, step right to right side

### CROSS ROCK, CHASSE ¼ TURN, STEP PIVOT ½ TURN, WALK RIGHT, TOUCH LEFT

- 1-2 Cross rock left over right, recover onto right
- 3&4 Step left to left side, close right beside left, step left making ¼ turn left (6)
- 5-6 Step forward right, pivot ½ turn left (12)
- 7-8 Step forward right, touch left beside right

#### Restart Here Wall 5

### FORWARD ROCK,, COASTER STEP, FORWARD ROCK ¼ SHUFFLE TURN

- 1-2 Rock forward on left, recover onto right
- 3&4 Step back on left, step right beside left, step forward on left

#### Restart Here Wall 2

- 5-6 Rock forward on right, recover onto left
- 7&8 Make ¼ turn right stepping right to right side, close left beside right step right to right side (3)

### SIDE, TOUCH,, RIGHT CHASSE, FORWARD ROCK, COASTER STEP

- 1-2 Step left to left side, touch right beside left
- 3&4 Step right to right side, close left beside right, step right to right side
- 5-6 Rock forward on left, recover onto right
- 7&8 Step back on left, step right beside left, step left forward

### SIDE, TOUCH, LEFT CHASSE, BACK ROCK, KICKBALL CHANGE

- 1-2 Step right to right side, touch left beside right
- 3&4 Step left to left side, close right beside left, step left to left side
- 5-6 Rock back on right, recover onto left
- 7&8 Kick right forward, step right beside left, step left in place

### RUMBA BOX

- 1-2 Step right to right side,, close left beside right

3-4 Step right forward, Hold  
5-6 Step left to left side, close right beside left  
7-8 Step left back, Hold

**Choreographers Note**

**Start of Wall 5 Music will phase slowly dance through 32 Counts then Restart dance from beginning**

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