

Except Monday

拍数: 64 墙数: 4 级数: Improver
编舞者: Diana Dawson (UK) - July 2018
音乐: Except for Monday - Lorrie Morgan



Music: Various albums, Available from Amazon & iTunes
#32 count intro

Right Chasse, Hitch, Left Chasse, Hitch

1-4 Step Right to Right side. Step Left beside Right. Step Right to Right side. Hitch Left knee
5-8 Step Left to Left side. Step Right beside Left. Step Left to Left side. Hitch Right knee

Step back, Hitch, Step back, Hitch, Coaster Step

1-4 Step back on Right. Hitch Left knee. Step back on Left. Hitch Right knee
5-8 Step back on Right. Step Left beside Right. Step forward on Right. Hold

Step Forward, Lock, Forward, Heel, Hook, Heel, Flick

1-4 Step forward on Left. Lock Right up behind Left. Step forward on Left. Hold
5-6 Dig Right heel forward. Hook Right up in front of Left shin.
7-8 Dig Right heel forward. Flick Right heel out to Right side

Step forward, Lock, Forward, Step, Pivot Half turn, Step forward

1-4 Step forward on Right. Lock Left up behind Right. Step forward on Right. Hold
5-8 Step forward on Left. Pivot Half turn Right. Step forward on Left. Hold [6.00]

RESTART here on Wall 3, facing 12 o'clock

Right Toe, Heel, Stomp, Left Toe, Heel, Stomp (travelling forward)

1-2 Touch Right toe turned in to Left instep. Touch Right heel turned in to Left instep
3-4 Step/stomp Right forward. Hold (travelling forward)
5-6 Touch Left toe turned in to Right instep. Touch Left heel turned in to Right instep
7-8 Step/stomp Left forward. Hold (travelling forward)

Right Side Rock, Weave Left Quarter turn, Step forward

1-2 Rock Right to Right side. Recover onto Left.
3-4 Cross Right over Left. Step Left to Left side
5-6 Step Right behind Left. Quarter turn Left stepping forward on Left.
7-8 Step forward on Right. Hold. [3.00]

Left Side Mambo, Monterey Half turn

1-4 Rock Left to Left side. Recover onto Right. Step Left beside Right. Hold
5-6 Point Right to Right side. Half turn Right stepping Right beside Left. [9.00]
7-8 Point Left to Left side. Step Left beside Right

Right Rock & Cross, Left Rock & Cross

1-4 Rock Right to Right side. Recover onto Left. Cross Right over Left. Hold
5-8 Rock Left to Left side. Recover onto Right. Cross Left over Right. Hold

Start again

NOTE: Restart on Wall 3 - Dance the first four sections (steps 1 to 32), then start again at the beginning facing 12 o'clock

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