Rainy Days and Mondays

级数: Easy Intermediate

编舞者: Claire Bell (UK) - August 2018

音乐: Rainy Days And Mondays - Carpenters : (iTunes, amazon)

墙数:2



拍数: 36

Intro: 20 counts (start on vocals)

(9.00)

1.2&

3,4&

Section 1: Forward sweep, weave sweep, behind, ¼ turn left, forward, spiral, side rock, cross Step forward on right sweeping left, cross left over right, step right to right side Step behind on left sweeping right, step right behind left, turn 1/4 left stepping forward on left

- 5,6 Step forward on right, step on left making a spiral full turn right (keep weight on left)
- 7,8& Rock right to right side, recover weight on left, cross right over left

Section 2: Left nightclub, ¼ turn right, step, pivot ½, step, full turn left, right nightclub

- 1,2& Step left to left, rock behind on right, cross left over right
- 3.4& Turn ¼ right stepping forward on right, step forward on left, pivot ½ right
- 5,6& Step forward on left, turn 1/2 left stepping back on right, turn 1/2 left stepping forward on left
- 7,8& Step right to right side, rock behind on left, cross right over left (6.00)

Section 3: Forward, run, run 1/2 turn, prissy walks, cross, rock, side, rock, behind, side

- 1.2& Step forward on left diagonal, run right, run left, making a half circle left (12.00)
- 3,4 Walk forward on right, walk forward on left (prissy walks)
- 5&6& Cross rock right over left, recover weight on left, rock right to right side, recover weight on left
- 7,8 Step right behind left, step left to left side

Section 4: Diamond ¹/₂ turn right, side rock, together, side rock, together

- Cross right over left, step back on left making 1/8 turn right, step back on right 1/8 turn right 1&2 3&4 Step back on left, step forward on right making 1/8 turn right, step forward on left making 1/8
- turn right
- 5.6& Rock right to right side, recover weight on left, step right next to left
- Rock left to left side, recover weight on right, step left next to right 7,8&

Section 5: Rock, recover, 1/2 turn right, 1/2 turn right, rock, recover

- 1.2& Rock forward on right, recover weight on left, ¹/₂ right stepping forward on right
- 3,4& Step back on left making ¹/₂ turn right sweeping right, rock back on right, recover weight on left

Ending: During wall 7 after section 3:

Cross right over left (1) Sweeping left from back to front, cross left over right (2)

