

Back In Love By Monday

拍数: 64 墙数: 2 级数: Beginner / Improver
编舞者: Ole Jacobson (DE) & Nina K. (DE) - May 2021
音乐: If We're Not Back In Love By Monday - Ray Lynam



Note: Dance begins after 32 counts on text "Mrs Johnson"

[01-08] toe back, scuff, cross, hold (L+R)

1,2 RF tap backwards - RF swing forward (heel touches the ground)
3,4 Put RF in front of LF - Hold
5,6 LF tap backwards - LF swing forward (heel touches the ground)
7,8 Put LF in front of RF - Hold

Finish in the last wall, add 2 counts here RF step forward - LF step forward (12:00)

[09-16] step, look-step, hold, step 1/4 turn right, cross, hold

1,2 RF step forward - Cross LF behind RF
3,4 RF step forward - Hold
5,6 LF step forward - 1/4 R-Turn (03:00)
7,8 LF cross over RF - Hold

[17-24] side, behinde, side, cross, side, recover, cross, hold

1,2 RF step to the right - LF cross behind RF
3,4 RF step to the right - LF cross over RF
5,6 RF step to the right - Shift weight to LF
7,8 RF cross over LF - Hold

[25-32] side, recover, cross, stomp, heel switches (R+L)

1,2 LF step to the left - Shift weight to RF
3,4 LF cross over RF - RF stomp next to LF (without changing weight)
5,6 R Heel tap forward - RF set down next to LF
7,8 L Heel tap forward - LF set down next to RF

[33-40] heel touch, toe touch, heel touch, flick, side, behinde, side, stomp

1,2 R Heel tap forward - RF tap backwards
3,4 R Heel tap forward - Angle RF backwards
5,6 RF step right - LF cross behind RF
7,8 RF step right - LF stomp next to RF (without changing weight)

[41-48] heel touch, toe touch, heel touch, flick, side, together, step, hold

1,2 L Heel tap forward - LF tap backwards
3,4 L Heel tap forward - LF tap backwards
5,6 LF step to the left - RF approach to LF
7,8 LF step forward - Hold

[49-56] side, together, back 1/4 turn L, hold, side, together, step 1/4 turn L, hold

1,2 RF step to the right - LF approach to RF
3,4 1/4 L-Turn, RF step backwards - Hold (12:00)
5,6 LF step to the left - RF set down next to LF
7,8 1/4 L-Turn, LF step forward - Hold (09:00)

[57-64] side, together, back 1/4 turn L, hold, coaster step, hold

1,2 RF step to the right - LF set down next to RF
3,4 1/4 L-Turn, RF step forward - Hold (06:00)

5,6 LF step backwards - RF set down next to LF
7,8 LF step forward - Hold

... start again
