

# Back On Monday

COPPERKNOB  
DANCE SHEETS

拍数: 32      墙数: 4      级数: Beginner / Improver  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2021  
音乐: Back in Love By Monday - Ray Lynam



Start 32counts - approx. 11 secs - he sings 'we can call Mrs Johnstone' come in on the word 'Johnstone' -  
\*3mins 28secs - 83bpm - Music Available: Amazon - No tags/no restarts/extra thinking not required!

**[1-8] R diagonal fwd lock step, L diagonal fwd lock step, R fwd rock/recover,  $\frac{3}{8}$  R, L cross over shuffle**

1&2      On right diagonal step R forward, lock left behind right, step R forward  
3&4      Turning towards left diagonal step L forward, lock R behind L, step L forward  
5&6      Rock R forward, recover weight, turning  $\frac{3}{8}$  right to right side wall step R to R side (3 o'clock)  
7&8      Cross step L over R, step R side, cross step L over R

**[9-16]  $\frac{1}{4}$  R Monterey,  $\frac{1}{4}$  R Monterey, R fwd rock/recover, R back,  $\frac{1}{2}$  L, L fwd shuffle**

1&      Touch R toes to right side, turning  $\frac{1}{4}$  right on R step L together (6 o'clock)  
2&      Touch L toes to left side, step L together  
3&      Touch R toes to right side, turning  $\frac{1}{4}$  right on R step L together (9 o'clock)  
4&      Touch L toes to left side, step L together  
5&6      Rock R forward, recover weight on L, step R back  
7&8      Turning  $\frac{1}{2}$  left step L forward, step R together, step L forward (3 o'clock)

**[17-24] R side rock/recover, R together, L fwd, R heel fwd, R toes back, R fwd, L side rock/recover, L together, R fwd, L heel fwd, L toes back, L fwd**

1&2&      Rock R side, recover weight on L, step R together, step L forward  
3&4      Touch R heel forward, touch R toes back, step R forward  
5&6&      Rock L side, recover weight on R, step L together, step R forward  
7&8      Touch L heel forward, touch L toes back, step L forward

**[25-32] R fwd,  $\frac{1}{2}$  L pivot turn, R fwd (chase turn), run fwd L/R/L, R fwd mambo, L coaster cross**

1&2      Step R forward, pivot  $\frac{1}{2}$  left, step R forward (9 o'clock)  
3&4      Step L forward, step R forward, step L forward

**Option: On counts 27&28 you can execute a full right turn moving forward in your line of dance**

5&6      Rock R forward, recover weight on L, step R back  
7&8      Step L back, step R together, cross step L over R

**Option: On counts 31&32 you can execute a full left turning triple step cross**

Thank you to Michal for recommending the song.

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