

# Monday Itis

拍数: 64      墙数: 0      级数:  
编舞者: Simon Ward (AUS) & Justine Shuttleworth (AUS)  
音乐: Except for Monday - Lorrie Morgan



- 1-2            Step forward on right, step forward on left  
3-4            Step forward on right, pivot  $\frac{1}{4}$  turn left  
5-6            Step forward on right, pivot  $\frac{1}{4}$  turn left  
7-8            Stomp right beside left, stomp left beside right
- 9-12           Vine right-left-right turning  $\frac{1}{4}$  turn right, slap left behind right with right hand  
&13           Step back on left, touch right heel forward  
&14           Step back on right, touch left heel forward  
15-16          Raise & slap outside of left foot with left hand, step left next to right
- 17-20          Step right to side, hold, step left behind right, hold  
21-24          Step right to side, hold, step left beside right, hold
- 25-28          Step forward on right heel, slap right toe down, step forward on left heel, slap left toe down  
29-32          Jump forward on both feet, hold, click both heels twice
- 33-36          Touch right heel forward, hop on left turning  $\frac{1}{4}$  turn right hitching right knee, repeat  
37-40          Step forward on right heel, slap right toe down, step forward on left heel, slap left toe down
- 41-42          Step onto right crossing over left, step back on left  
43-44          Step right to right side (feet shoulder width apart), hold  
55-46          Step onto left crossing over right, step back on right  
47-48          Step left to left side (feet shoulder width apart), hold
- 49-50          Twist heels right, twist heels left  
51-52          Twist heels right, twist heels left turning  $\frac{1}{4}$  turn right taking weight onto left foot  
53-54          Scuff ball of right foot back, scuff right heel forward  
55-56          Scoot forward on left hitching right knee, step forward on right
- 57-58          Step forward on left slightly turning body to right with left hand on left thigh, hold  
59-60          Repeat on right foot  
61&           Step forward on left, step right beside left  
62&           Step forward on left, step right beside left  
63-64          Step forward on left, jump both feet together

**REPEAT**

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