

It's Monday

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Chuck Fizone (USA)
音乐: It Sure Is Monday - Mark Chesnutt



HEEL SPLITS 2X, HEEL TAP, HEEL HOOK, HEEL TAP, HEEL SLAP BACK

- 1 Spread both heels out
- 2 Return heels to center
- 3 Spread both heels out
- 4 Return heels to center
- 5 (Angling body slightly right) tap right heel forward
- 6 Bring back across left shin
- 7 (Keeping slight angle) tap right heel forward
- 8 Slap right heel behind left leg with left hand

RIGHT FORWARD, LOCK, FORWARD, BRUSH, LEFT FORWARD, LOCK, FORWARD, BRUSH

- 1 Step right foot diagonally right forward
- 2 Lock left foot behind right
- 3 Step right foot diagonally right forward
- 4 Brush left foot forward
- 5 Step left foot diagonally left forward
- 6 Lock right foot behind left
- 7 Step left foot diagonally left forward
- 8 Brush right foot forward

JAZZ BOX STEP, ¼ MONTEREY TURN RIGHT

- 1 Step right foot over left
- 2 Step back on left foot
- 3 Step right foot slightly right
- 4 Step left foot next to right
- 5 Touch right toes out to right
- 6 (Turning ¼ right) step right foot next to left
- 7 Touch left toes out to left
- 8 Step left foot next to right

¼ MONTEREY TURN RIGHT, RIGHT HEEL TAP, HEEL HOOK, STEP FORWARD, SLIDE TOGETHER

- 1 Touch right toes out to right
- 2 (Turning ¼ right) step right foot next to left
- 3 Touch left toes out to left
- 4 Step left foot next to right
- 5 Touch right heel forward
- 6 Bring back across left shin
- 7 Step right foot forward
- 8 Slide left foot up next to right

REPEAT