

Except For Monday

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rosalee Musgrave (USA) - October 2012
音乐: Except for Monday - Lorrie Morgan



Intro: 32 counts from 1st heavy beat

RIGHT HEEL, HOOK, HEEL, FLICK, RIGHT TRIPLE FORWARD, LEFT HEEL, HOOK, HEEL, FLICK, LEFT TRIPLE FORWARD

- 1 & Touch right heel forward, hook right heel in front of left shin (12:00)
- 2 & Touch right heel forward, flick right heel to right side
- 3 & 4 Triple forward – step forward right, left together, forward right
- 5 & Touch left heel forward, hook left heel in front of right shin
- 6 & Touch left heel forward, flick left heel to left side
- 7 & 8 Triple forward – step forward left, right together, forward left

RIGHT SIDE, LEFT BEHIND, CHASSE, LEFT SIDE, RIGHT BEHIND, TURNING ¼ LEFT TRIPLE FORWARD

- 1 – 2 Step right side, step left behind right
- 3 & 4 Step right side, close left beside right, step side right
- 5 – 6 Step left side, step right behind left
- 7 & 8 Turning ¼ left, triple forward – L, R, L (9:00)

Restart during 3rd wall. For restart dance begins 1st time at 6:00 & turns to 3 to restart.

WALK FORWARD RIGHT, LEFT, RIGHT COASTER FORWARD, WALK BACK LEFT, RIGHT, LEFT COASTER BACK

- 1 – 2 Walk forward right, walk forward left (9:00)
- 3 & 4 Step right forward, step left forward beside right, step back on right
- 5 – 6 Walk back left, walk back right
- 7 & 8 Step back left, step right back beside left, step forward on left

STEP FORWARD RIGHT, PIVOT ½ LEFT, FULL TRIPLE TURN LEFT, ROCK LEFT FORWARD, RECOVER BACK, LEFT COASTER BACK

- 1 – 2 Step forward on right, turn ½ left (weight on left) (3:00)
- 3 & 4 Moving forward full 360 triple turn left - R, L R
(Option for newer beginners – no turn - 3 & 4 Triple forward R, L, R)
- 5 – 6 Rock left forward, recover back on right
- 7 & 8 Step left back, step right back beside right, step forward on left

REPEAT & ENJOY!