

# Manic Monday

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Lorna Mursell (UK) & Roz Chaplin (UK) - November 2012  
音乐: Manic Monday - The Bangles : (CD: Greatest Hits)



## 36 Count Intro

### WALK X2, SKATE X2, FORWARD ROCK, RECOVER, SHUFFLE BACK

1-2      Walk right, walk left  
3-4      Skate forward on right, skate forward on left  
5-6      Rock forward on right, recover on left  
7&8      Step back right, close left beside right, step back on right

### BACK ROCK, RECOVER, KICKBALL CROSS, SIDE ROCK, RECOVER, BEHIND SIDE STEP

1-2      Rock back on left, recover on right  
3&4      Kick left forward, step left beside right, cross right over left  
5-6      Rock left to left side, recover on to right  
7&8      Cross left behind right, step right to right side, step left forward

### TOE STRUT, ¼ TOE STRUT, CROSS, BACK, CHASSE

1-2      Touch right toe, drop right heel (taking weight)  
3-4      Make ¼ turn left touching left toe forward, drop left heel (taking weight) (9)  
5-6      Cross right over left, step back on left  
7&8      Step right to right side, close left beside right, step right to right side

### CROSS ROCK, CHASSE ¼ TURN, STEP PIVOT ½ TURN, WALK RIGHT, TOUCH LEFT

1-2      Cross rock left over right, recover onto right  
3&4      Step left to left side, close right beside left, step left making ¼ turn left (6)  
5-6      Step forward right, pivot ½ turn left (12)  
7-8      Step forward right, touch left beside right

### Restart Here Wall 5

### FORWARD ROCK,, COASTER STEP, FORWARD ROCK ¼ SHUFFLE TURN

1-2      Rock forward on left, recover onto right  
3&4      Step back on left, step right beside left, step forward on left

### Restart Here Wall 2

5-6      Rock forward on right, recover onto left  
7&8      Make ¼ turn right stepping right to right side, close left beside right step right to right side (3)

### SIDE, TOUCH,, RIGHT CHASSE, FORWARD ROCK, COASTER STEP

1-2      Step left to left side, touch right beside left  
3&4      Step right to right side, close left beside right, step right to right side  
5-6      Rock forward on left, recover onto right  
7&8      Step back on left, step right beside left, step left forward

### SIDE, TOUCH, LEFT CHASSE, BACK ROCK, KICKBALL CHANGE

1-2      Step right to right side, touch left beside right  
3&4      Step left to left side, close right beside left, step left to left side  
5-6      Rock back on right, recover onto left  
7&8      Kick right forward, step right beside left, step left in place

### RUMBA BOX

1-2      Step right to right side,, close left beside right

3-4 Step right forward, Hold  
5-6 Step left to left side, close right beside left  
7-8 Step left back, Hold

**Choreographers Note**

**Start of Wall 5 Music will phase slowly dance through 32 Counts then Restart dance from beginning**

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