

Just Another Manic Monday

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Sally Hung (TW) - August 2017
音樂: Manic Monday - The Bangles



Sequence of dance:- **

Wall 2: 36 counts, Restart facing 6:00

Wall 4: 36 counts, Restart facing 12:00

Intro: 36 counts

S1. SIDE, KICK, SIDE, KICK, VINE R WITH TOUCH

1,2,3,4 Step R to R side, kick L across R, step L to L side, kick R across L

5,6,7,8 Step R to R side, cross step L behind R, step R to R side, touch L beside R

S2. VINE L WITH TOUCH, SIDE, KICK, SIDE, KICK

1,2,3,4 Step L to L side, cross step R behind L, step L to L side, touch R beside L

5.6.7.8 Step R to R side, kick L across R, step L to L side, kick R across L

S3. FWD TOUCHS WITH CLAP, BACK TOUCHS WITH CLAP

1,2,3,4 Big step R diagonally fwd, touch L next to R (clap), big step L diagonally fwd, touch R next to L (clap)

5,6,7,8 Big step R diagonally back, touch L next to R (clap), big step L diagonally back, touch R next to L (clap)

S4. ¼ R MONTEREY TURN, SIDE ROCK RECOVER, BACK ROCK RECOVER

1,2,3,4 Point R to R side, turn ¼ R stepping R beside L, point L to L side, step L beside R

5.6.7.8 Rock R to R side, recover onto L, rock back on R, recover onto L

S5. ROCKING CHAIR, WALK FWD, FWD SHUFFLE

1,2,3,4 Rock R fwd, recover onto L, rock back on R, recover onto L **

5,6,7&8 Walk fwd on R-L, fwd shuffle on RLR

S6. WALK BACK, COASTER STEP, KICK BALL CHANGE X2

1,2,3&4 Walk back on L-R, step back on L, step R together, step L fwd

5&6,7&8 Kick R fwd, step on ball of R, step L in place, kick R fwd, step on ball of R, step L in place

S7. SIDE ROCK RECOVER, CROSS SHUFFLE, SIDE ROCK RECOVER, CROSS SHUFFLE

1,2,3&4 Rock R to R side, recover onto L, cross shuffle on RLR

5,6,7&8 Rock L to L side, recover onto R, cross shuffle on LRL

S8. CROSS ROCK RECOVER, SIDE CHASSE, CROSS ROCK RECOVER, SIDE CHASSE

1,2,3&4 Cross rock R over, L, recover onto L, side chasse on RLR

5,6,7&8 Cross rock L over R, recover onto R, side chasse on LRL

Happy Dancing!

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