

Dancing On A Monday

COPPER KNOB
BY STEPHEN METELNICK

拍數: 32 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2018
音樂: Dancing on a Monday - Mark Kingswood



#32 count intro – start on verse vocal approx. 15 secs – 2mins 38secs – 128bpm
Music available: Amazon

** A 'BIG' thank you goes out to Sharon Hancox for recommending the artist **

[1-8] Rock R fwd, recover weight on L, R coaster, L fwd, ¼ R pivot turn, L cross step, R to right side

1-2 Rock R forward, recover on weight L
3&4 Step R back, step L together, step R forward
5-6 Step L forward, pivot ¼ right (3 o'clock)
7-8 Cross step L over R, step R side

[9-16] L cross behind, R side, L samba, cross step R over L, step L/R back, cross step L over R

1-2 Cross step L behind R, step R side
3&4 Cross step L over R, rock R side, recover weight on L turning body slightly to left diagonal
5-6 Cross step R over L, step L back
7-8 Step R back turning body slightly to right diagonal, cross step L over R

[17-24] ¼ L step R back, ¼ L step L fwd, R fwd mambo, L back rock/recover, L side rock/recover

1-2 Step R back turning ¼ left, step L forward turning ¼ left (9 o'clock)

RESTART/TAG: During Wall 6 which starts facing R side wall, dance the first 18 counts and then add 2 count Tag:

WALK FWD R/L to Restart the dance facing front wall

3&4 Rock R forward, recover weight on L, step R back
5-6 Rock L back, recover weight on R
7-8 Rock L side, recover weight on R

[25-32] Cross step L over R, R to right side, ¼ L toaster step, R fwd, ¼ L pivot turn, ½ L step R back, ½ L step L fwd

1-2 Cross step L over R, step R side
3&4 Turning ¼ left step L back, step R together, step L forward (6 o'clock)
5-6 Step R forward, pivot ¼ left (3 o'clock)
7-8 Turning ½ left step R back, turning ½ left step L forward (3 o'clock)

Non-turning alternative 7-8: walk forward R, L

TAG: End of wall 2, 4 counts

1-4 Step/stomp R forward, hold, hold, step L together

END: During wall 10 which starts facing right side wall (9 o'clock), dance the first 15 counts to face the front wall. Step L forward and strike a pose!

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Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P