

Except for Monday

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Confident Beginner
編舞者: Kitty Russell (USA) - January 2019
音樂: Except for Monday - Lorrie Morgan



Begin 32 beats in on vocals, "...prised, you didn't think you'd see me..." right lead, half speed

ROCK FORWARD, BACK, TRIPLE BACK, ROCK BACK, FORWARD, TRIPLE FORWARD

1-2 Rock R forward (1), recover L (2)
3&4 Triple R (3), L (&), R (4) back
5-6 Rock L back (5), recover R (6)
7&8 Triple L (7), R (&), L (8) forward

MAMBO RIGHT, MAMBO LEFT, JAZZ BOX WITH 1/4 TURN RIGHT

1&2 Rock R to right (1), recover L (&), step R next to L (2)
3&4 Rock L to left (3), recover R (&), step L next to R (4)
5-8 Step R across L (5), step L back (6), step R to right making 1/4 turn right (3:00) (7), step L next to R (8)

LINDY RIGHT, LINDY LEFT

1&2, 3-4 Triple step R (1), L (&), R (2) to right, rock L back behind R (3), recover R (4)
5&6,7-8 Triple step L (5), R (&), L (6) to left, rock R back behind L (7), recover L (8)

PIVOT 1/8 LEFT X 4, MAMBO RIGHT, MAMBO LEFT

1& Step R forward (1), pivot 1/8 L (&)
2& Step R forward (2), pivot 1/8 L (&)
3& Step R forward (3), pivot 1/8 L (&)
4& Step R forward (4), pivot 1/8 L (9:00) (&)
5&6 Rock R to right (5), recover L (&), step R next to L (6)
7&8 Rock L to left (7), recover R (&), step L next to R (8)

Restart

Wall 3: Restart after jazz box turn.

Wall 8: Optional Tag to finish forward: after the rocks and triples, do 2 more triples, each with 1/8 turn right.