

Monday's Never Good

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Shelia Montgomery (USA) - March 2019
音樂: Except for Monday - Lorrie Morgan



Intro: 16 counts

*** Restart: Wall 3 (6:00), dance 16 counts (after ½ turns) and Restart.

Side rock R, recover, behind-side-cross, side rock L, recover, behind-side-cross

1,2 3&4 Rock to right side on R foot, Recover onto L, Step R behind L, Step L to left side, Step R over L
5,6 7&8 Rock to left side on L foot, Recover onto R, Step L behind R, Step R to right side, Step L over R

Rock R fwd, recover, triple ½ turn right, rock L fwd, recover, triple ½ turn left

1,2 3&4 Rock R foot forward, Recover onto L, With a triple step (R,L,R) – make ½ turn right
5,6 7&8 Rock L foot forward, Recover onto L, With a triple step (L,R,L) – make ½ turn left

Skate R,L, triple right diagonal skate L, R, triple left diagonal

1,2 3&4 With R foot 'skate' to right diagonal, L foot 'skate' to left diagonal, Triple step (R,L,R) to 1:00 diagonal
5,6 7&8 With L foot 'skate to left diagonal, R foot 'skate' to right diagonal, Triple step (L,R,L) to 11:00 diagonal

R over L, L back, triple side R L over R, R back, triple side L ¼ turn

1,2 3&4 Step R foot over L, Step L foot back, Triple step (R,L,R) to right side
5,6 7&8 Step L foot over R, Step R foot back, Triple step (L,R,L) making ¼ turn left (side – together-turn)

** Dance ends at front wall at end of 2nd 8 counts (1/2 turns).