

Back On Monday

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2021
音樂: Back in Love By Monday - Ray Lynam



Start 32counts - approx. 11 secs - he sings 'we can call Mrs Johnstone' come in on the word 'Johnstone' -
*3mins 28secs - 83bpm - Music Available: Amazon - No tags/no restarts/extra thinking not required!

[1-8] R diagonal fwd lock step, L diagonal fwd lock step, R fwd rock/recover, $\frac{3}{8}$ R, L cross over shuffle

1&2 On right diagonal step R forward, lock left behind right, step R forward
3&4 Turning towards left diagonal step L forward, lock R behind L, step L forward
5&6 Rock R forward, recover weight, turning $\frac{3}{8}$ right to right side wall step R to R side (3 o'clock)
7&8 Cross step L over R, step R side, cross step L over R

[9-16] $\frac{1}{4}$ R Monterey, $\frac{1}{4}$ R Monterey, R fwd rock/recover, R back, $\frac{1}{2}$ L, L fwd shuffle

1& Touch R toes to right side, turning $\frac{1}{4}$ right on R step L together (6 o'clock)
2& Touch L toes to left side, step L together
3& Touch R toes to right side, turning $\frac{1}{4}$ right on R step L together (9 o'clock)
4& Touch L toes to left side, step L together
5&6 Rock R forward, recover weight on L, step R back
7&8 Turning $\frac{1}{2}$ left step L forward, step R together, step L forward (3 o'clock)

[17-24] R side rock/recover, R together, L fwd, R heel fwd, R toes back, R fwd, L side rock/recover, L together, R fwd, L heel fwd, L toes back, L fwd

1&2& Rock R side, recover weight on L, step R together, step L forward
3&4 Touch R heel forward, touch R toes back, step R forward
5&6& Rock L side, recover weight on R, step L together, step R forward
7&8 Touch L heel forward, touch L toes back, step L forward

[25-32] R fwd, $\frac{1}{2}$ L pivot turn, R fwd (chase turn), run fwd L/R/L, R fwd mambo, L coaster cross

1&2 Step R forward, pivot $\frac{1}{2}$ left, step R forward (9 o'clock)
3&4 Step L forward, step R forward, step L forward

Option: On counts 27&28 you can execute a full right turn moving forward in your line of dance

5&6 Rock R forward, recover weight on L, step R back
7&8 Step L back, step R together, cross step L over R

Option: On counts 31&32 you can execute a full left turning triple step cross

Thank you to Michal for recommending the song.

Tel: 01462 735778 Email: alison.biggs1@btinternet.com Find us on Facebook: [TheDanceFactoryUK](https://www.facebook.com/TheDanceFactoryUK)