Monday Mornin' Missin' You



拍數: 48 牆數: 0 級數: Partner - Improver 編舞者: France Bastien (CAN) & Serge Légaré (CAN) - September 2022

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音樂: Monday Mornin' Missin' You - Blake Shelton



Open Promenade Position Left R.L.O.D Intro Counts 32

[1-8] M: Side ¼ Turn L, Touch, ¼ Turn R Shuffle Fwd, Shuffle ½ Turn, Coaster Step [1-8] W: Side ¼ Turn R, Touch, ¼ Turn L Shuffle Fwd, Shuffle ½ Turn, Coaster Step

1-2 M: ¼ turn to left LF to left – touch RF next to the LF

W: 1/4 turn to right RF to right - touch LF next to the RF

3&4 M: ¼ turn right shuffle fwd R. L. R

W: 1/4 turn to left shuffle fwd L. R. L

5&6 M: Shuffle ½ turn to right L. R. L

W: Shuffle 1/2 turn to left L. R. L

Leave the woman's right hand and take the woman's left hand

7&8 M: RF behind – LF next to the RF – RF in front

W: LF behind - RF next to the LF - LF in front

[9-16] M: (Step) x 2, Shuffle ½ Turn R, (Back) x 2, (Back, Side ¼ Turn L, Cross) [9-16] W: (Step) x 2, Shuffle ½ Turn L, (Back) x 2, (Back, Side ¼ Turn R, Cross)

1-2 M: LF in front – RF in front

W: RF in front - LF in front

3&4 M: Shuffle ½ turn to right L. R. L

W: Shuffle 1/2 turn to left R. L. R

Drop woman's left hand and take woman's right hand

5-6 M: RF behind – LF behind

W: LF behind - RF behind

7&8 M: RF behind – ¼ turn to left LF to left– RF cross in front

W: LF behind – 1/4 turn to right RF to right – LF cross in front

Take both hands face to face man facing O.L.O.D woman facing I.L.O.D

[17-24] M: Back With Kick, Step, Shuffle Fwd 1/4 Turn L, (Step 1/4 Turn L) X 2, Shuffle Fwd

[17-24] W: Back With Kick, Step, Shuffle Fwd ¼ Turn L, Step ¼ Turn L, Step Fwd, ¼ Turn R Triple Step In Place

1-2 M: LF behind with Kick from RF at the same time – drop RF in front

W: RF behind with kick from LF at the same time - drop LF in front

3&4 M: Shuffle fwd L. R. L with ¼ turn to left making a slight circle

W: Shuffle fwd R. L. R with ¼ turn to left making a slight circle

5-6 M: ¼ turn to left RF in front – ¼ turn to left LF in front

W: 1/4 turn to left LF in front - RF in front

7&8 M: Shuffle Fwd R. L. R

W: Triple step in place with ¼ turn to right L. R. L

Drop woman's left hand and pass right hand over woman's head

Restart here at the 3rd routine of the dance do the first 24 counts and start from the beginning

[25-32] M: Rock Step, Recover, Shuffle ½ Turn L, Shuffle Fwd, Rock Step, Recover

[25-32] W: Rock Step, Recover, Shuffle ½ Turn R, Shuffle ½ Turn R, Back Rock, Recover

1-2 M: LF in front – return on the RF

W: RF in front - return on the LF

3&4 M: Shuffle ½ turn to left L. R. L

W: Shuffle ½ turn to right R. L. R

5&6 M: Shuffle in front R. L. R

W: Shuffle ½ turn to right L. R. L

Pass right hand over woman's head

7-8 M: LF in front – return on the RF

W: RF behind - return on the LF

Take both hands face to face man facing L.O.D woman facing R.L.O.D

Bridge here: (Side Touch) x 2

[33-40] M: Back, Touch, Shuffle Fwd, Rock Side, Recover, Sailor Step

[33-40] W: Step Fwd, Touch, Shuffle Back, Rock Side, Recover, Sailor Step

1-2 M: LF behind – touch RF in front LF

W: RF in front - touch LF behind RF

3&4 M: Shuffle fwd R. L. R

W: Shuffle behind L. R. L

5-6 M: LF to left PG – return on RF

W: RF to right - return on LF

7&8 M: LF cross behind RF – RF to right – LF to left

W: RF cross behind LF - LF to left - RF to right

[41-48] M: Rock Step, Recover, Shuffle ½ Turn R, Rock Step, Recover, (Back) x 2

[41-48] W: Rock Back, Recover, Shuffle Fwd, Rock Step, Recover, (Back) x 2

1-2 M: RF in front – return on LF

W: LF behind - return on RF

3&4 M: Shuffle ½ turn to right R. L. R

W: Shuffle in front L. R. L

Leave woman's hand L

5-6 M: LF in front – return on RF

W: RF in front - return on LF

7-8 M: LF behind – RF behind

W: RF behind - LF behind

Option: At the end of the section 56-64 routine on counts 7-8 you can do 1/2 turn, 1/2 turn and start again

Restart: At the 3rd routine after 24 counts start from the beginning

Bridge: At the 6th routine after 32 counts add the following counts and continue the dance on counts 33-40

1-2-3-4 (Side Touch) x 2

1-2 M: LF to left – touch RF next to the LF

W: RF to right - touch LF next to the RF

3-4 M: RF to right – touch LF next to the RF

W: LF to left - touch RF next to the LF

Last Update: 24 Sep 2022