

Leaving On Monday

拍數: 64 牆數: 2 級數: Improver
編舞者: Sadiah Heggernes (NOR/UK) - April 2010
音樂: Monday Morning - Melanie Fiona : (CD: The Bridge)



8 Count Intro – Start after claps

Section 1: Side, Hold, Cross, Hold, Side, Together, ¼ Turn, Step, Hold

1-2 Step right to side. Hold
3-4 Cross left behind right. Hold
5-6 Step right to side. Close left beside right
7-8 Make ¼ turn right stepping forward on right. Hold 3.00

Section 2: Out, Hold, Out, Hold, Coaster Step, Hold

1-2 Step out on left to side. Hold
3-4 Step out on right to side. Hold
5-8 Step back on left. Step right beside left. Step forward on left. Hold

Section 3: Step, Hold, ½ Turn, Step, Hold, Kick Ball Step, Hold

1-2 Step forward on right. Hold
3-4 Make ½ turn left stepping forward on left. Hold 9.00
5-6 Kick forward on right. Step right beside left
7-8 Step forward on left. Hold

Section 4: Cross, Hold, Back, Side, Cross, Hold, Back, Side

1-2 Cross right over left. Hold
3-4 Step back left. Step right to side
5-6 Cross left over right. Hold
7-8 Step back on right. Step left to side

Section 5: Step, Hold, Point, Hold, Sailor ¼ Turn, Hold

1-2 Step forward on right. Hold
3-4 Point left to side. Hold
5-8 Cross left behind right making ¼ turn left. Step right beside left. Step forward On left. Hold.
6.00

Section 6: Step, Hold, Point, Hold, Sailor ¼ Turn, Hold

1-2 Step forward on right. Hold
3-4 Point left to side. Hold
5-8 Cross left behind right making ¼ turn left. Step right beside left. Step forward On left. Hold.
3.00

Section 7: Step, Lock, Step, Hold, Rock Forward, Recover, ¼ Turn, Side, Hold

1-2 Step forward on right. Lock left behind right
3-4 Step forward on right. Hold
5-6 Rock forward on left. Recover onto right
7-8 Make ¼ turn left stepping left to side. Hold 12.00

Section 8: Step, Hold, ½ Turn, Step, Hold, Kick Ball Step, Hold

1-2 Step forward on right. Hold
3-4 Make ½ turn left stepping forward on left. Hold 6.00
5-6 Kick forward on right. Step right beside left
7-8 Step forward on left. Hold

