

Manic Monday

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Steven Ooi - September 2012
音樂: Manic Monday - The Bangles



* Start 36 counts from beginning (after 2 drum beats; 00:18 secs)

{1 - 9} Side Step, Fwd Rock, Back, Lt coaster, Monterey ½ turn Rt Step together, Chasse Lt

1-3 Step Right to Right side, Rock Left Fwd, Recover weight back to Right [12:00]
4&5 Step Left back, Step Right together, Step Left Forward
6-7 Point Right to Right, ½ turn Right Step Right next to Left
8&1 Step Left to Left, Step Right together Left, Step Left to Left

{10 - 16} Rock Fwd, Recover, Sailor ¼ turn Lt, Jazz box ¼ turn Lt, Touch

2-3 Rock forward on Right , Recover weight onto Left [12:00]
4&5 Cross Right behind Left , make ¼ turn Right Step Left next to Right , Step Fwd on Right [9:00]
6&7 Cross Left over Right, Recover onto Right, ¼ turn Left stepping Left to Left [6:00]
8 Touch Right Next to Left

{17 - 24} Side Rock Recover, Behind Side Cross, Side Rock Recover, Behind, ¼ turn Step

1-2 Rock right out to right side, recover
3&4 Step right behind left, step left to left side, cross step right over left
5-6 Rock left out to left side, recover
7&8 Step left behind right, ¼ turn right stepping forward on right, step forward on left [9:00]

{25 - 32} Rock Step, Triple Full Turn Rt, Rock Step Fwd Touch.

1-2 Rock back on Right, recover on Left.
3&4 Make a full turn right on the spot stepping Right, Left, Right
5-6 Rock forward on Left, recover on Right
7-8 Step forward on Left, Touch Right next to Left [9:00]

{33 - 40} Chasse Rt, ¼ turn Lt Chasse Lt, ¼ turn Lt Chasse Rt, ¼ turn Lt Rock, Recover

1&2 Step Right to Right, Step Left together, Step Right to Right
3&4 ¼ turn Left step Left to Left, Step Right together, Step Left to Left [6:00]
5&6 ¼ turn Right step Right to Right, Step Left together, Step Right to Right [3:00]
7-8 ¼ turn Left Rock back Left, Recover Right [12:00]

{41 - 48} Syncopated Heel Grind ¼ Turn Lt, Together, Syncopated Heel Grind ¼ Turn Rt, Together, Syncopated Heel Grind ¼ Turn Lt, Back, Jazz Box Step.

1&2 Heel grind Left (toes from right to left) turn ¼ left, Step Right back, Step Left next to Right.
3&4 Heel grind Right (toes from left to right) turn ¼ right, Step Left back, Step Right next to Left
5&6 Heel grind Left (toes from right to left) turn ¼ left, Step Right back, Step Left next to Right
7&8 Cross Right over Left, Recover Left, Step Right to Right [3:00]

{49 - 56} Cross, ¼ Turn Lt, Step, Cross, ¼ Turn Rt, Step, Cross, ¼ Turn Lt, Step, Cross, ¼ Turn Rt, Step

1&2 Cross Left over Right, Turn ¼ Left stepping on ball of Right, Step Left to Left [6:00]
3&4 Cross Right to Right, Turn ¼ Right stepping on ball of Left, Step Right to Right [3:00]
5&6 Cross Left over Right, Turn ¼ Left stepping on ball of Right, Step Left to Left [6:00]
7&8 Cross Right to Right, Turn ¼ Right stepping on ball of Left, Step Right to Right [3:00]

{57 - 64} Funky Walk, Funky Walk, Cross, Recover, Step, Funky Walk, Funky Walk, Cross, Recover, Touch

1-2 Walk Left, Walk Right,

3&4 Cross Left, Recover Right, Step Left to Left
5-6 Walk Right, Walk Left,
7&8 Cross Right, Recover Left, Touch Right next to Left [3:00]

Namo Horengengyo

“ Enjoy Life, Enjoy Dancing ”
