

Manic Monday

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lorna Mursell (UK) & Roz Chaplin (UK) - November 2012
音樂: Manic Monday - The Bangles : (CD: Greatest Hits)



36 Count Intro

WALK X2, SKATE X2, FORWARD ROCK, RECOVER, SHUFFLE BACK

1-2 Walk right, walk left
3-4 Skate forward on right, skate forward on left
5-6 Rock forward on right, recover on left
7&8 Step back right, close left beside right, step back on right

BACK ROCK, RECOVER, KICKBALL CROSS, SIDE ROCK, RECOVER, BEHIND SIDE STEP

1-2 Rock back on left, recover on right
3&4 Kick left forward, step left beside right, cross right over left
5-6 Rock left to left side, recover on to right
7&8 Cross left behind right, step right to right side, step left forward

TOE STRUT, ¼ TOE STRUT, CROSS, BACK, CHASSE

1-2 Touch right toe, drop right heel (taking weight)
3-4 Make ¼ turn left touching left toe forward, drop left heel (taking weight) (9)
5-6 Cross right over left, step back on left
7&8 Step right to right side, close left beside right, step right to right side

CROSS ROCK, CHASSE ¼ TURN, STEP PIVOT ½ TURN, WALK RIGHT, TOUCH LEFT

1-2 Cross rock left over right, recover onto right
3&4 Step left to left side, close right beside left, step left making ¼ turn left (6)
5-6 Step forward right, pivot ½ turn left (12)
7-8 Step forward right, touch left beside right

Restart Here Wall 5

FORWARD ROCK,, COASTER STEP, FORWARD ROCK ¼ SHUFFLE TURN

1-2 Rock forward on left, recover onto right
3&4 Step back on left, step right beside left, step forward on left

Restart Here Wall 2

5-6 Rock forward on right, recover onto left
7&8 Make ¼ turn right stepping right to right side, close left beside right step right to right side (3)

SIDE, TOUCH,, RIGHT CHASSE, FORWARD ROCK, COASTER STEP

1-2 Step left to left side, touch right beside left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Rock forward on left, recover onto right
7&8 Step back on left, step right beside left, step left forward

SIDE, TOUCH, LEFT CHASSE, BACK ROCK, KICKBALL CHANGE

1-2 Step right to right side, touch left beside right
3&4 Step left to left side, close right beside left, step left to left side
5-6 Rock back on right, recover onto left
7&8 Kick right forward, step right beside left, step left in place

RUMBA BOX

1-2 Step right to right side,, close left beside right

3-4 Step right forward, Hold
5-6 Step left to left side, close right beside left
7-8 Step left back, Hold

Choreographers Note

Start of Wall 5 Music will phase slowly dance through 32 Counts then Restart dance from beginning

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