

Monday Blues

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Marie Sørensen (TUR) - April 2013
音樂: Blue Monday - Delbert McClinton : (Album: Genuine Rhythm & Blues -
Legalsounds)



Intro: 8 Counts – Start on the word “Monday” - No tags, no restart !

KICK, KICK, SAILOR STEP, KICK, KICK, SAILOR STEP ¼ TURN LEFT

1-2 Kick right fwd. kick right to right side
3&4 Step right behind left, step left to left side, step fwd. on right
5-6 Kick left fwd. kick left to left side
7&8 ¼ turn left, step left behind right, step right next to left, step fwd. on left (09:00)

SYNCOPATED JUMPS, SHUFFLE FWD. ROCK, RECOVER

&1&2 Step fwd. right, tap left toe back, step back on left, tap right heel fwd.
&3&4 Step fwd. right, tap left toe back, step back on left, tap right heel fwd.
5&6 Step fwd. Right, step left next to right, step fwd. right
7-8 Rock fwd. left, recover (09:00)

SHUFFLE BACK LEFT, JUMP, JUMP, HOLD, SHUFFLE BACK RIGHT, JUMP, JUMP, HOLD

1&2 Step back on left, step right next to left, step back on left
&3-4 Jump right to right side, jump left to left side, hold and clap your hands (Weight on left)
5&6 Step back on right, step left next to right, step back on right
&7-8 Jump left to left side, jump right to right side, hold and clap your hands (Weight on right)
(09:00)

BACK ROCK, RECOVER, KICK BALL CHANGE, STEP, KICK BALL CHANGE, BALL STEP

1-2 Back rock left, recover
3&4 Kick left fwd. step left next to right, step fwd. on right
5-6&7 Step fwd. left, kick right fwd. step right next to left, step fwd. on left
&8 Step fwd. right, left (09:00)

NOTE: Thanks to Andy from Spain for suggest this song for a choreograph !

Have Fun!

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