

# 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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