

Except For Mondays

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Judith Campbell (NZ) - October 2005
音樂: Except for Monday - Lorrie Morgan



Intro: 32 counts

[1 – 8] SIDE – TOGETHER – FWD – HOLD – SIDE – TOGETHER – 1/4 TURN – FWD – HOLD

1 2 3 4 Step R to R side, close L together, step fwd on R, HOLD (12:00)
5 6 7 8 Step L to L side, close R next to L, turning 1/4 to L – step fwd on L, HOLD (9:00)

[9 – 16] SIDE ROCK – RECOVER – CLOSE – HOLD – HEEL HOOK – HEEL HOOK

1 2 3 4 Rock/step R to R, recover onto L, step R next to L, HOLD
5 6 Heel dig fwd on L ft, hook L ft in towards R shin,
7 8 Heel dig fwd on L ft, hook L ft in towards R shin

[17 – 24] COASTER – TWO HALF PIVOT TURNS TO L

1 2 3 4 Step L ft back, step R ft back to L ft, step fwd on L ft, HOLD (slow coaster)
5 6 Step fwd on R ft, turning 1/2 to L (weight on L ft),
7 8 Step fwd on R ft, turning 1/2 to L (weight on L ft), (9:00)

[25 – 32] FOUR TOE HEEL STRUTS FWD

1 2 3 4 Step fwd on R toe, drop R heel down, step fwd on L toe, drop L heel down,
5 6 7 8 Step fwd on R toe, drop R heel down, step fwd on L toe, drop L heel down, (9:00)

[32]

Finish dance on the 1st 1/2 pivot counts 5 6, section (17 – 24)

Contact - Email: jude.aleccampbell@xtra.co.nz - www.hookedoncountry.co.nz