

School Dance Styles

Ecole de Danse

DANCING ON A MONDAY

Count : 32 Wall : 4 Level : Improver
Choreographers : Alison & Peter
Music : Dancing on a monday Mark Kingswood

32 counts intro Start on verse vocal

1-8 Rock R fwd, recover weight on L, R coaster, L fwd, ¼ R pivot turn, L cross step, R to right side

1-2 Rock R forward, recover on weight L
3&4 Step R back, step L together, step R forward
5-6 Step L forward, pivot ¼ right (3 o'clock)
7-8 Cross step L over R, step R side

9-16 L cross behind, R side, L samba, cross step R over L, step L/R back, cross step L over R

1-2 Cross step L behind R, step R side
3&4 Cross step L over R, rock R side, recover weight on L turning body slightly to left diagonal
5-6 Cross step R over L, step L back
7-8 Step R back turning body slightly to right diagonal, cross step L over R

17-24 ¼ L step R back, ¼ L step L fwd, R fwd mambo, L back rock/recover, L side rock/recover

1-2 Step R back turning ¼ left, step L forward turning ¼ left (9 o'clock)

RESTART/TAG: During Wall 6 which starts facing R side wall, dance the first 18 counts and then add 2 count tag: WALK FWD R/L to restart the dance facing front wall

3&4 Rock R forward, recover weight on L, step R back
5-6 Rock L back, recover weight on R
7-8 Rock L side, recover weight on R

25-32 Cross step L over R, R to right side, ¼ L toaster step, R fwd, ¼ L pivot turn, ½ L step R back, ½ L step L fwd

1-2 Cross step L over R, step R side
3&4 Turning ¼ left step L back, step R together, step L forward (6 o'clock)
5-6 Step R forward, pivot ¼ left (3 o'clock)
7-8 Turning ½ left step R back, turning ½ left step L forward (3 o'clock)

Non-turning alternative 7-8: walk forward R, L

TAG: End of wall 2, 4 counts

1-4 Step/stomp R forward, hold, hold, step L together

END: During wall 10 which starts facing right side wall (9 o'clock), dance the first 15 counts to face the front wall. Step L forward and strike a pose!

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