Monday Morning (星期一早晨) (zh)

Count: 64 **Wand:** 4 **Ebene:** Improver
Choreograf/in: Sue Hsu (USA) & Kathy Chang (USA) - 2010年06月
Musik: Monday Morning - Melanie Fiona

前奏： 8 count intro (clap hands on count 5-8)

第一段 **R Cross Point, Hold, Side, Hold, L Cross Point, Hold, Side, Hold**
交叉點, 候, 側, 候, 交叉點, 候, 側, 候

1-4 Cross point right toe over left, lean body to right and open arms (1), hold (2), step right to right side (3), hold (4).
右足趾於左足前交叉點身體傾向右張開雙臂, 候, 右足右踏, 候

5-8 Cross point left toe over right, lean body to left and open arms (5), hold (6), step left to left side (7), hold (8).
左足趾於右足前交叉點身體傾向左張開雙臂, 候, 左足左踏, 候

第二段 **Jazz Box – R Cross, Hold, Back, Hold, Side, Hold, Forward, Hold**
爵士方塊 – 右交叉, 候, 後, 候, 側, 候, 踏, 候

1-4 Cross step right over left, hold, step back on left, hold,
右足於左足前交叉踏, 候, 左足後踏, 候

5-8 Step right to right side, hold, step forward on left, hold.
右足右踏, 候, 左足前踏, 候

第三段 **(Forward, 1/4 Hitch)x3, Stomp, Stomp**
(踏 1/4抬)三次, 重踏, 重踏

1-4 Step right forward (1), make a 1/4 turn left, hitch left knee and clap hands (2)(9:00), step left forward (3), make a 1/4 turn left, hitch right knee and clap hands (4)(6:00)
右足前踏, 左轉90度左膝抬拍手(面向9點鐘), 左足前踏, 左轉90度右膝抬拍手(面向6點鐘)

5-8 Step right forward (5), make a 1/4 turn left, hitch left knee and clap hands (6)(3:00), stomp forward on left, stomp right next to left.
右足前踏, 左轉90度, 左膝抬拍手(面向3點鐘), 左足前踏, 右足併重踏(面向3點鐘)

第四段 **L Side, Hold, Rock Back, Recover, Side, Behind, 1/4 Turn Right, Hold**
左, 候, 後下沉 回復, 側, 後, 1/4, 候

1-4 Big step left to left side, hold, cross rock right behind left, recover on left, 左足左一大步, 候, 右足於左足後交叉下沉, 左足回復

5-8 Step right to right side, cross step left behind right, 1/4 turn right step forward on right, hold
右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏, 候

第五段 **Cross, Side, Behind, Flick, Cross, Side, Behind, Point**
交叉, 側, 後, 抬, 交叉, 側, 後, 點

1-4 Cross step left over right, step right to right side, cross step left behind right, flick right foot out to right diagonal.
左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏, 右足右斜抬

5-8 Cross step right over left, step left to left side, cross step right behind left, point left toe to left side.
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足趾左點

第六段 **Walk, Hold, Walk, Hold, Step, Pivot 1/2 Right, Forward, Hold**
走, 候, 走, 候, 踏, 轉, 踏, 候

1-4 Step forward on left, hold, step forward on right, hold.
左足前踏, 候, 右足前踏, 候

5-8 Step forward on left, pivot 1/2 turn right weight on right, step forward on left, hold. 左足前踏, 右轉90度重心在右足, 左足前踏, 候

第七段 Walk, Hold, Walk, Hold, Step, Pivot 1/4 Left, Cross, Hold
走, 候, 走, 候, 踏, 1/4, 交叉, 候

1-4 Step forward on right, hold, step forward on left, hold,
右足前踏, 候, 左足前踏, 候

5-8 Step forward on right, pivot 1/4 turn left weight on left, cross right over left, hold.
右足前踏, 左軸轉90度重心在左足, 右足於左足前交叉踏, 候

第八段 Side, Touch, Side, Touch, Side, Together, Side, Hold (Clap Hands)
側, 點, 側, 點, 側, 併, 側, 候(拍手)

1-4 Step left to left side, touch right toe next to left and snap fingers, step right to right side, touch left toe next to right and snap fingers.
左足左踏, 右足趾併點彈手指, 右足右踏, 左足趾併點彈指

5-8 Step left to left side, step right next to left, step left to left side, hold (clap hands). 左足左踏, 右足併踏, 左足左踏, 候(拍手)