

# Except Monday

拍数: 64      墙数: 4      级数: Improver  
编舞者: Diana Dawson (UK) - July 2018  
音乐: Except for Monday - Lorrie Morgan



Music: Various albums, Available from Amazon & iTunes  
#32 count intro

## Right Chasse, Hitch, Left Chasse, Hitch

1-4      Step Right to Right side. Step Left beside Right. Step Right to Right side. Hitch Left knee  
5-8      Step Left to Left side. Step Right beside Left. Step Left to Left side. Hitch Right knee

## Step back, Hitch, Step back, Hitch, Coaster Step

1-4      Step back on Right. Hitch Left knee. Step back on Left. Hitch Right knee  
5-8      Step back on Right. Step Left beside Right. Step forward on Right. Hold

## Step Forward, Lock, Forward, Heel, Hook, Heel, Flick

1-4      Step forward on Left. Lock Right up behind Left. Step forward on Left. Hold  
5-6      Dig Right heel forward. Hook Right up in front of Left shin.  
7-8      Dig Right heel forward. Flick Right heel out to Right side

## Step forward, Lock, Forward, Step, Pivot Half turn, Step forward

1-4      Step forward on Right. Lock Left up behind Right. Step forward on Right. Hold  
5-8      Step forward on Left. Pivot Half turn Right. Step forward on Left. Hold [6.00]

**RESTART here on Wall 3, facing 12 o'clock**

## Right Toe, Heel, Stomp, Left Toe, Heel, Stomp (travelling forward)

1-2      Touch Right toe turned in to Left instep. Touch Right heel turned in to Left instep  
3-4      Step/stomp Right forward. Hold (travelling forward)  
5-6      Touch Left toe turned in to Right instep. Touch Left heel turned in to Right instep  
7-8      Step/stomp Left forward. Hold (travelling forward)

## Right Side Rock, Weave Left Quarter turn, Step forward

1-2      Rock Right to Right side. Recover onto Left.  
3-4      Cross Right over Left. Step Left to Left side  
5-6      Step Right behind Left. Quarter turn Left stepping forward on Left.  
7-8      Step forward on Right. Hold. [3.00]

## Left Side Mambo, Monterey Half turn

1-4      Rock Left to Left side. Recover onto Right. Step Left beside Right. Hold  
5-6      Point Right to Right side. Half turn Right stepping Right beside Left. [9.00]  
7-8      Point Left to Left side. Step Left beside Right

## Right Rock & Cross, Left Rock & Cross

1-4      Rock Right to Right side. Recover onto Left. Cross Right over Left. Hold  
5-8      Rock Left to Left side. Recover onto Right. Cross Left over Right. Hold

**Start again**

**NOTE: Restart on Wall 3 - Dance the first four sections (steps 1 to 32), then start again at the beginning facing 12 o'clock**

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