## Back On Monday

拍数： 32
壇数： 4
级数：Beginner／Improver
编舞者：Alison Metelnick（UK）\＆Peter Metelnick（UK）－November 2021
音乐：Back in Love By Monday－Ray Lynam


Start 32counts－approx． 11 secs－he sings＇we can call Mrs Johnstone＇come in on the word＇Johnstone＇－ ＊3mins 28secs－83bpm－Music Available：Amazon－No tags／no restarts／extra thinking not required！
［1－8］$R$ diagonal fwd lock step，$L$ diagonal fwd lock step，$R$ fwd rock／recover， $3 / 8, L$ ，cross over shuffle
1\＆2 On right diagonal step $R$ forward，lock left behind right，step $R$ forward
3\＆4 Turning towards left diagonal step $L$ forward，lock $R$ behind $L$ ，step $L$ forward
5\＆6 Rock R forward，recover weight，turning $3 / 8$ right to right side wall step $R$ to $R$ side（ 3 o＇clock）
7\＆8 Cross step L over R，step R side，cross step L over R
［9－16］ $1 / 4$ R Monterey， $1 / 4$ R Monterey，$R$ fwd rock／recover，$R$ back， $1 / 2 L$ ，L fwd shuffle
1\＆Touch $R$ toes to right side，turning $1 / 4$ right on $R$ step $L$ together（ 6 o＇clock）
2\＆Touch $L$ toes to left side，step $L$ together
$3 \& \quad$ Touch $R$ toes to right side，turning $1 / 4$ right on $R$ step $L$ together（ 9 o＇clock）
4\＆Touch $L$ toes to left side，step $L$ together
5\＆6 Rock $R$ forward，recover weight on $L$ ，step $R$ back
7\＆8 Turning $1 / 2$ left step L forward，step $R$ together，step L forward（3 o＇clock）
［17－24］$R$ side rock／recover，$R$ together，$L$ fwd，$R$ heel fwd，$R$ toes back，$R$ fwd，$L$ side rock／recover，$L$ together，$R$ fwd，$L$ heel fwd，$L$ toes back，$L$ fwd
1\＆2\＆Rock R side，recover weight on L，step R together，step L forward
3\＆4 Touch $R$ heel forward，touch $R$ toes back，step $R$ forward
5\＆6\＆Rock L side，recover weight on R，step L together，step R forward
7\＆8 Touch $L$ heel forward，touch $L$ toes back，step $L$ forward
［25－32］R fwd， $1 / 2 L$ pivot turn，$R$ fwd（chase turn），run fwd L／R／L，$R$ fwd mambo，$L$ coaster cross
1\＆2 Step $R$ forward，pivot $1 / 2$ left，step $R$ forward（9 o＇clock）
3\＆4 Step L forward，step R forward，step L forward
Option：On counts 27\＆28 you can execute a full right turn moving forward in your line of dance
5\＆6 Rock R forward，recover weight on $L$ ，step $R$ back
7\＆8 Step L back，step R together，cross step L over R
Option：On counts 31\＆32 you can execute a full left turning triple step cross
Thank you to Michal for recommending the song．
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