Leaving On Monday



编舞者: Sadiah Heggernes (NOR/UK) - April 2010

音乐: Monday Morning - Melanie Fiona: (CD: The Bridge)



8 Count Intro - Start after claps

Coation	1. Cido		ross. Hold.	Cido	Togothor	1/ Turn	Cton	
Section	1. Side.	. Hola. C	ross. Hola.	Side.	Logerner.	/ I Urn.	Sien.	HOIO

1-2 Step right to side. Hold3-4 Cross left behind right. Hold

5-6 Step right to side. Close left beside right

7-8 Make ¼ turn right stepping forward on right. Hold 3.00

Section 2: Out, Hold, Out, Hold, Coaster Step, Hold

1-2 Step out on left to side. Hold3-4 Step out on right to side. Hold

5-8 Step back on left. Step right beside left. Step forward on left. Hold

Section 3: Step, Hold, ½ Turn, Step, Hold, Kick Ball Step, Hold

1-2 Step forward on right. Hold

3-4 Make ½ turn left stepping forward on left. Hold 9.00

5-6 Kick forward on right. Step right beside left

7-8 Step forward on left. Hold

Section 4: Cross, Hold, Back, Side, Cross, Hold, Back, Side

1-2 Cross right over left. Hold

3-4 Step back left. Step right to side

5-6 Cross left over right. Hold

7-8 Step back on right. Step left to side

Section 5: Step, Hold, Point, Hold, Sailor 1/4 Turn, Hold

1-2 Step forward on right. Hold3-4 Point left to side. Hold

5-8 Cross left behind right making ¼ turn left. Step right beside left. Step forward On left. Hold.

6.00

Section 6: Step, Hold, Point, Hold, Sailor 1/4 Turn, Hold

1-2 Step forward on right. Hold3-4 Point left to side. Hold

5-8 Cross left behind right making ¼ turn left. Step right beside left. Step forward On left. Hold.

3.00

Section 7: Step, Lock, Step, Hold, Rock Forward, Recover, 1/4 Turn, Side, Hold

1-2 Step forward on right. Lock left behind right

3-4 Step forward on right. Hold

5-6 Rock forward on left. Recover onto right

7-8 Make ¼ turn left stepping left to side. Hold 12.00

Section 8: Step, Hold, ½ Turn, Step, Hold, Kick Ball Step, Hold

1-2 Step forward on right. Hold

3-4 Make ½ turn left stepping forward on left. Hold 6.00

5-6 Kick forward on right. Step right beside left

7-8 Step forward on left. Hold

