Leaving On Monday



拍數: 64 牆數: 2 級數: Improver

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

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



8 Count Intro - Start after claps

Section 1: Side, Hold, Cross, Hold, Side, Together, ¼ Turn, Step, Hol	Section	 Side. 	Hold.	Cross.	Hold.	Side.	Together.	. ¼ Turn.	Step.	Hole
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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, 1/2 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

