

Monday Blues

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Count: 32

Wall: 4

Level: Improver

Choreographer: Marie Sørensen (Sunshine Cowgirl) Dk - April 2013

Music: "Blue Monday" by Delbert McClinton. Album: Genuine Rythm & Blues [Legalsounds]

Intro: 8 Counts - Start on the word "Monday" - No tags, no restart !

KICK, KICK, SAILOR STEP, KICK, KICK, SAILOR STEP ¼ TURN LEFT

1-2 Kick right fwd. kick right to right side

3&4 Step right behind left, step left to left side, step fwd. on right

5-6 Kick left fwd. kick left to left side

7&8¼ turn left, step left behind right, step right next to left, step fwd. on left (09:00)

SYNCOATED JUMPS, SHUFFLE FWD. ROCK, RECOVER

&1&2 Step fwd. right, tap left toe back, step back on left, tap right heel fwd.

&3&4 Step fwd. right, tap left toe back, step back on left, tap right heel fwd.

5&6 Step fwd. Right, step left next to right, step fwd. right

7-8 Rock fwd. left, recover (09:00)

SHUFFLE BACK LEFT, JUMP, JUMP, HOLD, SHUFFLE BACK RIGHT, JUMP, JUMP, HOLD

1&2 Step back on left, step right next to left, step back on left

&3-4 Jump right to right side, jump left to left side, hold and clap your hands (Weight on left)

5&6 Step back on right, step left next to right, step back on right

&7-8 Jump left to left side, jump right to right side, hold and clap your hands (Weight on right)
(09:00)

BACK ROCK, RECOVER, KICK BALL CHANGE, STEP, KICK BALL CHANGE, BALL STEP

1-2 Back rock left, recover

3&4 Kick left fwd. step left next to right, step fwd. on right

5-6&7 Step fwd. left, kick right fwd. step right next to left, step fwd. on left

&8 Step fwd. right, left (09:00)

NOTE: Thanks to Andy from Spain for suggest this song for a choreograph !

Have Fun!

Contact: Email: sunshinecowgirl1960@gmail.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=92196