



Back On Monday

Choreographer: Alison Biggs & Peter Metelnick

Level: Beginner/Improver

Count: 32

Wall: 4

Intro: 32 counts, start on the word "JOHNSTONE"

Music: "Back In Love By Monday" by Ray Lynam

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No Tags No Restarts

[1-8] R diagonal fwd lock step, L diagonal fwd lock step, R fwd rock/recover, $\frac{3}{8}$ R, 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 $\frac{3}{8}$ 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] $\frac{1}{4}$ R Monterey, $\frac{1}{4}$ R Monterey, R fwd rock/recover, R back, $\frac{1}{2}$ L, L fwd shuffle

- 1& Touch R toes to right side, turning $\frac{1}{4}$ right on R step L together (6 o'clock)
2& Touch L toes to left side, step L together
3& Touch R toes to right side, turning $\frac{1}{4}$ 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 $\frac{1}{2}$ 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, $\frac{1}{2}$ L pivot turn, R fwd (chase turn), run fwd L/R/L, R fwd mambo, L coaster cross

- 1&2 Step R forward, pivot $\frac{1}{2}$ 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

Repeat

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