

## **"Monday Blue's"**

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

4 Wall - Improver - 32 Counts

Music: "Blue Monday" By Delbert McClinton

Album: Genuine Rythm & Blues

[www.legalsounds.com](http://www.legalsounds.com)

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&8 ¼ turn left, step left behind right, step right next to left, step fwd. on left (09:00)

### **SYNCOPATED 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!**

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