

Back On Monday

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Count: 32 **Wall:** 4 **Level:** Beginner / Improver

Choreographer: Alison Biggs (UK) & Peter Metelnick (UK) - November 2021

Music: - Ray Lynam

Start 32counts - approx. 11 secs - he sings 'we can call Mrs Johnstone' come in on the word 'Johnstone' -

***3mins 28secs - 83bpm - Music Available: Amazon - No tags/no restarts/extra thinking not required!**

[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, ½ L pivot turn, R fwd (chase turn), run fwd L/R/L, R fwd mambo, L coaster cross

1&2 Step R forward, pivot ½ 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

Thank you to Michal for recommending the song.

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