

# Dancing On A Monday

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

**Choreographer:** Alison Biggs & Peter Metelnick (TheDanceFactoryUK) April 2018

**Music:** Dancing On A Monday - Mark Kingswood

**#32 count intro - start on verse vocal approx. 15 secs - 2mins 38secs - 128bpm**

**Music available: Amazon**

**\*\* A 'BIG' thank you goes out to Sharon Hancox for recommending the artist \*\***

**[1-8] Rock R fwd, recover weight on L, R coaster, L fwd, ¼ R pivot turn, L cross step, R to right side**

- 1-2      Rock R forward, recover on weight L
- 3&4      Step R back, step L together, step R forward
- 5-6      Step L forward, pivot ¼ right (3 o'clock)
- 7-8      Cross step L over R, step R side

**[9-16] L cross behind, R side, L samba, cross step R over L, step L/R back, cross step L over R**

- 1-2      Cross step L behind R, step R side
- 3&4      Cross step L over R, rock R side, recover weight on L turning body slightly to left diagonal
- 5-6      Cross step R over L, step L back
- 7-8      Step R back turning body slightly to right diagonal, cross step L over R

**[17-24] ¼ L step R back, ¼ L step L fwd, R fwd mambo, L back rock/recover, L side rock/recover**

- 1-2      Step R back turning ¼ left, step L forward turning ¼ left (9 o'clock)

**RESTART/TAG: During Wall 6 which starts facing R side wall, dance the first 18 counts and then add 2 count Tag:**

**WALK FWD R/L to Restart the dance facing front wall**

- 3&4      Rock R forward, recover weight on L, step R back
- 5-6      Rock L back, recover weight on R
- 7-8      Rock L side, recover weight on R

**[25-32] Cross step L over R, R to right side, ¼ L toaster step, R fwd, ¼ L pivot turn, ½ L step R back, ½ L step L fwd**

- 1-2** Cross step L over R, step R side
- 3&4** Turning ¼ left step L back, step R together, step L forward (6 o'clock)
- 5-6** Step R forward, pivot ¼ left (3 o'clock)
- 7-8** Turning ½ left step R back, turning ½ left step L forward (3 o'clock)

**Non-turning alternative 7-8: walk forward R, L**

**TAG: End of wall 2, 4 counts**

- 1-4** Step/stomp R forward, hold, hold, step L together

**END: During wall 10 which starts facing right side wall (9 o'clock), dance the first 15 counts to face the front wall. Step L forward and strike a pose!**

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