Monday Blues

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Marie Sørensen (TUR) - April 2013
Music: Blue Monday - 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&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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