

Goodbye Monday

Count: 32

Wall: 4

Level: Improver

Choreographer: Rob Fowler (ES) - February 2014

Music: Goodbye Monday - Maggie Rose : (iTunes)



Count in: 32 (approx. 19 secs) – bpm: 104

Stomp, clap, stomp, clap, stomp, clap, clap, repeat from opposite foot

- 1&2& Stomp right to right side, Clap hands to right, Stomp left to left side, Clap hands to left
- 3&4 Stomp right to right side, Clap hands to right twice
- 5&6& Stomp left to left side, Clap hands to left, Stomp right to right side, Clap hands to right
- 7&8 Stomp left to left side, Clap hands to left twice

Mambo forward right, mambo back left, right shuffle forward, rock step quarter turn

- 1&2 Rock fwd right, Recover on left, Step right next to left
- 3&4 Rock back left, Recover on right, Step left next to right
- 5&6 Step fwd right, Step left next to right, Step fwd right
- 7&8& Rock fwd left, Recover on right, Make ¼ turn left stepping left to side, Touch right next to left

Side, touch, side, touch, chasse right, side, touch, side, touch, chasse left

- 1&2& Step right to right side, Touch left next to right, Step left to left side, Touch right next to left
- 3&4 Step right to right side, Step left next to right, Step right to right side
- 5&6& Step left to left side, Touch right next to left, Step right to right side, Touch left next to right
- 7&8 Step left to left side, Step right next to left, Step left to left side

Right shuffle forward, step left, half turn, step forward, toe heel stomp x2

- 1&2 Step fwd right, Step left next to right, Step fwd right
- 3&4 Step fwd left, Half turn right, Step fwd left (3 o'clock)

RESTART HERE DURING WALL 2

- 5&6 Touch right toe to left instep, Touch right heel to left instep, Step/Stomp right next to left
- 7&8 Touch left toe to right instep, Touch left heel to right instep, Step/Stomp left next to right

End of dance