



www.country-stafke.be

On a Monday

Choreographer : Juanita Henson

Type of dance : 2 Wall

Level : Improver

Counts : 40

Intro : Start on vocals

Music : On a Monday – by Will Banister

****2 easy restarts**

Wall 3 after 32 counts & Wall 9 after 32 counts

Section 1: RIGHT AND LEFT STEP LOCKS FORWARD, HOLD.

1,2,3,4 Step right foot forward, lock left foot behind right foot and hold. Step left
5,6,7,8 foot forward, lock right foot behind left foot and hold.

Section 2: LEFT ¼ TURN PIVOT CROSS, HOLD, RIGHT HINGE TURN CROSS, HOLD.

1,2,3,4 Step RF forward do ¼ turn to your left, cross the RF on the LF, hold.
5,6,7,8 Step LF back as you turn ¼ right, turn a ¼ right as you step RF to right, cross LF over RF, hold.

Section 3: FORWARD TOUCH, BACK, KICK, COASTER CROSS, HOLD.

1,2 Step forward on RF (on R diagonal), touch LF Next to RF
3,4 Step back on LF (on slight L diagonal), kick RF forward
5,6 Step back on RF, step LF next to RF
7,8 Step forward on RF hold.

Section 4: FORWARD, TOUCH, BACK KICK, COASTER ¼ TURN RIGHT, HOLD.

1,2 Step forward on LF (on slight L diagonal), touch RF next to LF
3,4 Step back on RF (on slight R diagonal), kick LF forward
5,6 Step back on LF, turning ¼ to right, step RF to right.
7,8 Step forward on LF, hold.

Section 5: TWO PRISSY WALKS, WHOLE TURN LEFT, ½ TURN LEFT. ½ TURN LEFT, LEFT COASTER STEP

1,2 Cross RF over the left as you walk forward, Cross LF over the RF as you walk forward
3 & 4. Step forward on RF (3) turn ½ left stepping on LF (&) turn ½ left (4) Stepping back on RF
5,6 ½ turn left, stepping on LF. ½ turn left Stepping on RF, left coaster step
7 & 8. Step LF back, step RF back, step LF forward.

START AGAIN

www.country-stafke.be