**Back On Monday**

**32 Count – 4 Wall – Beginner / Improver Level Line Dance**

**Choreographed by Alison Biggs ( UK ) & Peter Metelnick ( UK )**

**Muisic :- Back In Love By Monday by 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, ⅜ 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 ⅜ 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] ¼ R Monterey, ¼ R Monterey, R fwd rock/recover, R back, ½ L, L fwd shuffle**

|  |  |
| --- | --- |
| 1& | Touch R toes to right side, turning ¼ 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 ¼ 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 ½ 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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