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## Monday Blues

32 Count, 4 Wall, Improver

Choreographer: Marie Sørensen (Sunshine Cowgirl)  
(Denmark) April 2013

Choreographed to: Blue Monday by Delbert McClinton,  
Album: Genuine Rythm & Blues

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### Intro: 8 Counts – Start on the word “Monday”

#### **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 choreography!**

**Have Fun!**

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