

MONDAY

Composers: Takao & Setsuko Ito 4-2-43 Honcho Odawarashi Kanagawaken
250-0012 Japan Email: sp7n43y9@dune.ocn.ne.jp
Music : "Monday" Download Casa Musica time 3:04
Rhythm : Cha Cha ph IV+2(OP Hip Twist, Cuban Break)+2(Do-Si-Do, See-Saw)
Speed : Slow to suit Date: January 2016 Ver.1.2
Footwork : Opposite, directions for man(lady as noted)
Sequence : Intro - A - Amod 1 - B - Amod 2 - B - Amod 2 - Ending



Meas INTRO

1~ 8 Fcing Partner & COH no hands joined lead foot free for both
Wait 2 meas;; Mod Chase 3/4(Tandem/Wall);;; Underarm Pass Ending;
(Bfly/Wall)Fence Line; Spot Trn(W in 4);

- 1- 2 Fcing partner and COH no hands joined lead foot free for both wait 2 meas;;
3- 5 (Chase 3/4) Fwd L commence RF trn, cont trn fc Wall rec R, fwd L/cl R, fwd L(W bk R, rec L, fwd R/cl L, fwd R); Fwd R commence LF trn, cont trn fc COH rec L, fwd R/cl L, fwd R(W fwd L commence RF trn, cont trn fc COH rec R, fwd L/cl R, fwd L); Fwd L commence RF trn, cont trn fc Wall rec R, fwd L/cl R, fwd L(W fwd R commence LF trn, cont trn fc Wall rec L, fwd R/cl L, fwd R) joined lead hands;
6 (Underarm Pass Ending) Rk bk R raise lead hands, rec L fc partner and Wall, sd R/cl L, sd R(W fwd L raise lead hand, fwd R 1/2 LF trn under lead hands fc partner and COH, sd L/cl R, sd L) Bfly/Wall;
7 (Fence Line) XLIF of R, rec R, sd L/cl R, sd L;
123&4 8 (Spot Trn W in 4 to Fc) Release hands XRIF of L commence LF trn, cont LF trn rec L fc Wall, sd R/cl L, sd R(W XLIF of R commence RF trn, contrLF trn rec R fc COH, sd L, rec R) Bfly/Wall left foot free for both;

Meas PART A

1~ 8 X Swivel Flick Cuban Break; Spot Trn; Do-Si-Do;;
X Swivel Flick Cuban Break; Spot Trn; See-Saw(W Trans);;

- 1-3&4 1 (X Swivel Flick Cuban Break) Same foot work XLIF of R, swivel LF on L flick right leg flick bk, ck XRIF of L/rec L, sd R;
2 (Spot Trn) XLIF of R commence RF trn, cont RF trn rec R, sd L/cl R, sd L;
3- 4 (Do-Si-Do) Still same foot work fwd R passing right shoulder, fwd L, sd R/cl L, sd R; Bk L passing left shoulder, bk R, sd L/cl R, sd L blend Bfly/Wall;
1-3&4 5 (X Swivel Flick Cuban Break) Still same foot work XRIF of L, swivel RF on R flick Left leg flick bk, ck XLIF of R/rec R, sd L;
6 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L, sd R/cl L, sd R;
123&4 7- 8 (See-Saw W Trans) Still same foot work fwd L passing left shoulder, fwd R, sd L/cl R, sd L; Bk R passing right shoulder, bk L, sd R/cl L, sd R(W bk R, bk L, sd R, cl L) right hands joined;

9~16 (handshake) Trade Place Twice;; Trade Place (W Insd Trn); Aida;
Switch Rk; Spot Trn; Hand to Hand; Thru Sd Cuban Break(W Tch);

- 9-10 (Trade Place Twice) Right hands joined bk L, rec R commence RF trn, cont RF trn sd L/cl R, sd & bk L fc COH(W bk R, rec L commence LF trn, cont LF trn sd R/cl L, sd & bk R fc Wall) left hands joined; Bk R, rec L commence LF trn, cont LF trn sd R/cl L, sd & bk R fc Wall(W bk L, rec R commence RF trn, cont RF trn sd L/cl R, sd & bk L fc COH) right hands joined;
11 (Trade Place W Insd Trn) Bk L, rec R commence RF trn, lead W LF trn under right hands cont RF trn sd L/cl R, sd L fc COH(W bk R, rec L commence LF trn, cont LF trn under joined right hands R/L, R fc Wall) still right hands joined;
12 (Aida) Thru R lead hands joined, sd L commence RF trn fc LOD, bk R/XLIF of R, bk R;
13 (Switch Rk) Swivel LF on R sd L blend Bfly, rec R, sd L/cl R, sd L;
14 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L, sd R/cl L, sd R;
15 (Hand to Hand) Swivel LF on R bk L, rec R fc partner, sd L/cl R, sd L;
16 (Thru Sd Cuban Break W Tch) XRIF of L, sd L, ck XRIF of L/rec L, sd R(W tch L to R);

Meas PART Amod 1

1~ 8 Fwd Swivel Flick Cuban Break; Spot Trn; Do-Si-Do;;
Fwd Swivel Flick Cuban Break; Spot Trn; See-Saw(W Trans);;

1- 8 Repeat meas 1-8 of Part A start man fc COH;;;;;;;

9~16 (handshake) Trade Place Twice;; Trade Place (W Insd Trn); Aida;
Switch Rk; Spot Trn; Hand to Hand; Thru Sd Cuban Break;

9-15 Repeat meas 9-15 of Part A start man fc COH end fc Wall;;;;;;;
 16 (Thru Sd Cuban Break) XRIF of L, sd L, ck XRIF of L/rec L, sd R;

Meas PART B

1~ 9 (handshake) OP Hip Twist M Lunge(W Hip Pop); Fan; Hockey Stick;;
Rk 4; Alemana;; Hand to Hand; (Bfly)Thru Sd Cuban Break(W Tch);

- 1 (Op Hip Twist) Right Hand joined fwd L, rec R, bk L/small slip bk R, sd lunge L(W Bk R, rec L, fwd R/cl L swivel 1/4 RF on L fc LOD, slip bk R);
- 2 (Fan) Rise on L, -, in place R/L, sd R(W fwd L, fwd R swivel 1/2 LF fc RLOD, bk L/ XRIF of L, bk L);
- 3- 4 (Hockey Stick) Fwd L, rec R, in place L/R, L(W Cl R to L, fwd L, fwd R/XLIB of R, fwd R); Bk R slightly RF trn, rec L fc RDW, fwd R/XLIB of R, fwd R(W fwd L twd RDW, fwd R 1/2 LF trn fc DC, bk L/XRIF of L, bk L) LOP-FC/RDW;
- 5 (Rk 4) Rk fwd L, rec R, rk fwd L, rec R;
- 6- 7 (Alemana) Fwd L, rec R, cl L/in place R, sd L lead W RF trn(W bk R, rec L, fwd R/XLIB of R, fwd R); Bk R, rec L fc Wall, sd R/cl L, sd R(W XLIF of R commence RF trn under lead hand, fwd R cont RF trn fc COH, sd L/cl R, sd L);
- 8 (Hand to Hand) Swivel LF on R bk L, rec R fc partner, sd L/cl R, sd L;
- 9 (Thru Sd Cuban Break W Tch) XRIF of L, sd L, ck XRIF of L/rec L, sd R(W tch L to R);

Meas PART Amod 2

1~ 8 Fwd Swivel Flick Cuban Break; Spot Trn; Do-Si-Do;;
Fwd Swivel Flick Cuban Break; Spot Trn; See-Saw(W Trans);;

1- 8 Repeat meas 1-8 of Part A;;;;;;;

9~16 New Yorker w/Spin; Thru Pt Hip Bump; no hands Shoulder to Shoulder
Twice;; Rev Underarm Trn; Crab Walks;; Spot Trn;

- 9 (New Yorker w/Spin) LOP/RLOD ck thru L, rec R fc partner, sd & fwd L twd LOD commence spin LF/ cont spin R, L partner & Wall no hands joined;
- 10 (Thru Pt Hip Bump) Thru R, pt sd L left hip up, left hip down/up, left hip down/up;
- 11-12 (no hands Shoulder to Shoulder Twice) Still no hands joined fwd L to Scar right arm up, rec R to fc right arm down, sd L/cl R, sd L; Fwd R to Bjo left arm up, rec L to fc left arm down, sd R/cl L, sd R blend Bfly;
- 13 (Rev Underarm Trn) XLIF of R lead W LF trn under joined lead hands, rec R, sd L/cl R, sd L(W XRIF of L commence LF trn under lead hands, cont LF trn rec L fc COH, sd R/cl L, sd R);
- 14-15 (Crab Walks) XRIF of L, sd L, XRIF/sd L, XRIF; Sd L, XRIF of L, sd L/cl R, sd L;
- 16 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L, sd R/cl L, sd R;

Meas ENDING

1~ 4 Chase w/ Underarm Pass;(Tandem/COH); Solo Fence Line;
Fence Rec Sd Lunge;

- 1- 2 (Chase w/Underarm Pass Tandem COH) Lead hands joined fwd L commence RF trn, cont trn fc COH rec R, fwd L/cl R, fwd L(W bk R, rec L, fwd R/cl L, fwd R); Rk bk R raise lead hands, rec L, release hands fwd R/cl L, fwd R(W fwd L raise lead hand, fwd R, release hands fwd L/cl R, fwd L) tandem fc COH;
- 3 (Solo Fence Line) XLIF of R, rec R, sd L/cl R, sd L(W XRIF of L, rec L, sd R/cl L, sd R);
- 123- 4 (Fence Rec Sd Lunge) XRIF of L, rec L, sd lunge R flex knee right hand on right knee left hand on hip(W XLIF of R, rec R, sd L right arm up left hand on hip) look patner, -;