



# COUNTRY CLUB DANCERS



## Monday For Two

Dance taught by Paul & Sharon  
Hergert for the Country Club  
Dancers 12-14-2015

Choreographed by: Unknown <sup>1</sup>  
Description: 64 count 4 wall stationary partner dance  
Music: Except for Monday <sup>2</sup> by Lori Morgan,  
Rockin' My Life Away by The Lennerockers, 173 bpm,  
Album: Rustin' and Rollin', October 28, 2013  
Start Position: Sweetheart  
Intro: 32 counts

- 1 – 8 Step, Touch, Step, Kick, Coaster step, Hold**  
1,2,3,4 Step forward right, touch left next to right, step back left, low kick forward right  
5,6,7,8 Step back right, together left, forward right, hold
- 9 – 16 Step, Touch, Step, Kick, Coaster step, Hold**  
1,2,3,4 Step forward left, touch right next to left, step back right, low kick forward left  
5,6,7,8 Step back left, together right, forward left, hold
- 17 – 24 Side, Touch, Side, Touch, Grapevine right, Touch**  
1,2,3,4 Step right to side, touch left together, step left to side, touch right together  
5,6,7,8 Step right to side, step left behind, step right to side, touch left next to right
- 25 – 32 Side, Touch, Side, Touch, Grapevine ¼ Left, Touch**  
1,2,3,4 Step left to side, touch right together, step right to side, touch left together  
5,6,7,8 Step left to side, step right behind, turn ¼ left onto left, touch right
- 33 – 40 Step, Lock, Step, Hold, Heel, Hold, Toe, Hold**  
1,2,3,4 Step forward right, lock left behind, step forward right, hold  
5,6,7,8 Touch left heel forward, hold, touch left toe back, hold
- 41 – 48 Step, Lock, Step, Hold, Heel, Hold, Toe, Hold**  
1,2,3,4 Step forward left, lock right behind, step forward left, hold  
5,6,7,8 Touch right heel forward, hold, touch right toe back, hold
- 49 – 56 ¼ Touch, ¼ Touch, ¼ Touch, ¼ Touch (drop right hands, rejoin after turn)**  
1,2,3,4 Turn ¼ left onto right, touch left next to right, turn ¼ left, touch right next to left  
5,6,7,8 Turn ¼ left onto right, touch left next to right, turn ¼ left, touch right next to left

(over)

**57 – 64      Step, Lock, Step, Hold, Step, Lock, Step, Hold**  
1,2,3,4      Step forward right, lock left behind, step forward right, hold  
5,6,7,8      Step forward left, lock right behind, step forward left, hold

<sup>1</sup> *Note from John and Freida Utzig [www.countryplus.org](http://www.countryplus.org) :  
We found this dance on the Internet but could not find a dance step sheet or choreographer,  
so we wrote it up as best we could and found a song we liked that didn't need a restart.*

<sup>2</sup> *If using the song **Except for Monday** restart after 24 counts on the third wall after chorus.*