ANOTHER BLUE MONDAY

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RECORD: Coll 6051-A “Blue Monday” Fats Domino, avail Palomino

FOOTWORK: Opposite unless otherwise noted

RHYTHM: WEST COAST SWING SPEED: 45 rpm

PHASE: RAL PHASE IV + 1 {[trpl trav & roll]}


MEAS: INTRO
1-1 ½ WAIT 1 MEAS; STEP TURN POINT.,
1 M fcg COH lead ft wgtd sd by sd w/ptr, hold,-(W fcg COH lead ft wgtd L arm bent w/hnd beh head, hold,-); 1½ bk & sd R swvl LF to fc ptr, pnt L twrd ptr RLOD(W bk & sd L swvl RF to fc ptr, pnt R twd ptr LOD,)

PART_A

1-4 SUGAR PUSH—SUGAR TUCK & SPIN:::; KICK BALL CHNG x 2;
1-3 [SUGAR PUSH] bk L, bk R, tch L to R, fwd L; beh R/sd L, sd R, [SUGAR TUCK & SPIN] bk L, bk R to tight BFLY low hnds; tch L to R, fwd L raise jnd lead hnds soft pull on trail hnds, XR beh L/ sd L, sd R(W fwd R, fwd L slight RF trn to tight BFLY; tch R to L, trng RF fwd R & free spin RF to fc ptr, X L beh R/sd R, sd L);
4 [KICK BALL CHNGS] kick L, stp L/R, kick L, stp L/R;

5-8 LEFT SIDE PASS—SD CL:::; SAILOR SHUFFLES;
5-7 [LEFT SIDE PASS] bk L trng LF, cl R leadg W to M’s L side, fwd L/cl R, fwd L fc wall(W fwd R, fwd L passing on M’s L sd, fwd R/L, R trng LF ovrtln to fc wall;); XRib of L/sd L, sd R, sd L, cl R(W bk L/cl R, fwd L, sd R, cl L); sd L, cl R, sd L, cl R;
8 [SAILOR SHUFFLES] XLib of R/sd R, sd L, XRib of L/sd L, sd R trng to fc ptr & RLOD;

9-16 U/A TRN TO TRIPLE TRAVEL WITH ROLL—SUGAR PUSH;;;;;

U/A TRN & POINT::;
9 [U/A TRN] bk L trng RF, fwd R twd W’s R sd trng RF, fwd L/cl R, fwd L to R hnd star M fcg COH(W fwd R, fwd L, undr jnd lead hnds fwd R/fwd L, fwd R trng LF to fc Wall;);
15-16 [U/A TRN & PNT] bk L trn RF, fwd R trng RF, fwd L/cl R, fwd L (W fwd R, fwd L undr jnd lead hnds, fwd R/L, R trng LF;); XRib of L/sd L, sd R, pnt L to Wall,-(W bk L/cl R, fwd L, pnt R,-);
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PART B

1-4 SAILOR SHUFFLES; CHICKEN WLKS;; THROWOUT:
1  {SAILOR SHUFFLES}XLIB of R/sd R,sd L,XRIB of L/sd L, sd R;
2-3  {CHICKEN WLKS} bk L, bk R, bk L, bk R leading W to swvl(W
swvl fwd R, swvl fwd L, swvl fwd R, swvl fwd L);
4  {THROWOUT} sd L/cl R, sd L strt LF trn ½ , XRIB of L/sd L, sd
R(W sd R strt LF trn/cl L, cont LF trn bk R, bk L/cl R, fwd L);

5-8 SAILOR SHUFFLES; CHICKEN WLKS;; THROWOUT:
5  {SAILOR SHUFFLES} REPEAT MEAS 1 PART B;
6-7  {CHICKEN WLKS} REPEAT MEAS 2 & 3 PART B;
8  {THROWOUT} REPEAT MEAS 4 PART B;

PART A (1-8)

1-4 SUGAR PUSH—SUGAR TUCK & SPIN;;; KICK BALL CHNG X 2;

5-8 LEFT SIDE PASS--SD CL;;;SAILOR SHUFFLES;
1-8  REPEAT MEAS 1-8 PART A;;;;

PART C

1-8 WRAPPED WHIP;; SIDE BRKS;; WRAPPED WHIP;; SIDE BRKS;;
1-2  {WRAPPED WHIP} Jn both hnds bk L, rec R trn ½ RF, brng jnd
hnds ovr W's head sd L/cl R cont RF trn, sd & fwd L in wrap
pos(W fwd R, fwd L, fwd R/cl L, bk R); XRIB of L trng RF
release trail hnds, sd L trng RF, sd R/cl L, sd R(W bk L, bk R,
bk L/clR, fwd L);
3-4  {SIDE BRKS} foot action only sd L/sd R, cl L/cl R to L; sd L/sd
R, cl L/cl R to L;
5-6  {WRAPPED WHIP} REPEAT MEAS 9 & 10 PART A;;;
7-8  {SIDE BRKS} REPEAT MEAS 11 & 12 PART A;;;

REPEAT PART B

1-8 SAILOR SHUFFLES; CHICKEN WLKS;; THROWOUT;SAILOR
SHUFFLES; CHICKEN WLKS;; THROWOUT;
1-8  REPEAT MEAS 1-8 PART B;;;;;

END

1-6 U/A TRN TO TRPLE TRAV WITH ROLL—SUGAR PUSH & POINT;;;;;
1-6  REPEAT MEAS 9-13 PART A;;;; finish sugar push & pnt L to
sd L arm extended twd ptr(W pnt R to sd L hnd beh head);