

# Manic Monday

Level: **Easy**

Music: "Manic Monday", The Bangles

Time: 3:02 min.

Choreo: Ramona Moritz - Ramona-Moritz@t-online.de, Tel:0621/7284680

**Taught at the 12th ECTA Clogging Convention, Dietzenbach 2008**

Sequence: **Intro-A-B-A-B-BR-B\***

---

wait 8 beats - start with right

---

## **Intro:**

4 Basic Kick DS KK UP/H (turn 1/4 R/L each)  
**R-L-R-L** R L L R  
L R R L  
&1 & 2

Vine 8 DS DS(xif) DS DS(xib) DS DS(xif) DS RS  
(move right) R L R L R L R LR  
&1 &2 &3 &4 &5 &6 &7 &8

**-repeat 4 Basic Kick with opposite footwork - turn other way around-**

Jazz Box S S(xif) S(ib) S(ots)  
L R L R  
1 2 3 4

---

## **A:**

Rocking Chair DS BR UP/H DS RS  
L R R L R LR  
&1 & 2 &3 &4

Triple DS DS DS RS  
L R L RL  
&1 &2 &3 &4

2 Slur Basic DS SLR S(ib) DS RS  
**R&L** R L L R LR  
L R R L RL  
&1 & 2 &3 &4

**-repeat with opposite footwork -**

Cowboy |--fwd--| |--bk--|  
DS DS DS BR UP/H DS(xif) RS RS RS  
L R L R R L R LR LR LR  
&1 &2 &3 & 4 &5 &6 &7 &8

4 Basic DS RS  
**L-R-L-R** L RL  
R LR  
&1 &2

**-repeat Cowboy and do 2 Basic-**

---

## **B:**

Jazz Box S S(xif) S(ib) S(ots)  
L R L R  
1 2 3 4

Rocking Chair DS BR UP/H DS RS -turn 1/4 L on beat 1-2 -  
(turn 1/4 L) L R R L R LR  
&1 & 2 &3 &4

Fancy Double DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

**-do Rocking Chair (turn) & Fancy Double 4 times and add**

Jazz Box S S(xif) S(ib) S(ots)

---

## Manic Monday continued

### BR:

Stomp Double      STO DS DS RS  
                         L R L RL  
                         1 &2 &3 &4

Triple  
**R**                    DS DS DS RS  
                         R L R LR  
                         &1 &2 &3 &4

Cowboy              |--fwd--|                    |--bk--|  
                         DS DS DS BR UP/H DS(xif) RS RS RS  
                         L R L R R L R                    LR LR LR  
                         &1 &2 &3 & 4 &5                    &6 &7 &8

### -repeat all above-

2 Toe-Heels            T H T H DS RS  
  & a Basic            L L R R L RL  
  **L&R**                R R L L R LR  
                         & 1 & 2 &3 &4

2 Grape Vine            S(ots) S(xib) S(ots) TCH  
  **L&R**                L R L R  
                         R L R L  
                         1 2 3 4

4 Steps  
  (slow down)            S(fw) S(fw) S(bk) S(bk)  
                         L R L R  
                         1 2 3 4

### B\*:

#### start as Part B,

Jazz Box, Rocking Chair (turn 1/4 L) & Fancy Double **4 times**,  
**add** Rocking Chair (turn L) & Fancy Double **3 times\*** add a Jazz Box.  
turn the **1st** diagonally to the left corner in the back,  
the **2nd** to the right corner in the back and  
the **3rd** to the front.

---

Sequence:                    **Intro-A-B-A-B-BR-B\***

---

