

A COUNTRY MONDAY

Count: 32. Wall: 2. Level: Beginner

Choreographer: Mariela Barcia (ARG) & Sergio Alejandro (ARG) - November 2025

Music: On A Monday by Will Banister. Albym: On A Monday - single

INTRO: 16 count. Weight on L. One Restart.

VINE RIGHT, SCUFF, VINE LEFT, SCUFF.

1-4 Step R to right, Step L behind R, Step R to right, Scuff L

5-8 Step L to left, Step R behind L, Step L to left, Scuff R

1/4 LEFT, SCUFF, 1/4 LEFT, SCUFF, 1/4 LEFT, SCUFF, 1/4 LEFT, STOMP UP

1,2 Turn 1/4 left step R to right, Scuff L beside R

3,4 Turn 1/4 left step L forward, Scuff R beside L

5,6 Turn 1/4 left step R to right, Scuff L beside R

7,8 Turn 1/4 left step L forward, Stomp up R beside L

RESTART; Wall 7

RHUMBA FORWARD, TOGETHER, RHUMBA FORWARD, SIDE

1-4 Step R to right, Stomp L beside R, Step R forward, Stomp L beside R

5-8 Step R to right, Stomp L beside R, Step R forward, Step L to left

HEEL FAN, HEEL FAN, BACK, ROCK, 1/4 RIGHT SCOOT, 1/4 RIGHT SCOOT

1-4 Turn R heel in, Return to centre, Turn L heel in, Return to centre

ENDING: see below

5,6 Rock R back, Recover onto L

7,8 Scoot 1/4 right on L, Scoot 1/4 right on L **[6:00]**

32 REPEAT

RESTART: During Wall 7 dance to count 16 and Restart facing 12:00.

ENDING: Dance to count 28 then:

1-3 Brush R back, Step R forward, Stomp L forward