

## Soluna

64 count, 4 wall, intermediate level

Choreographer: Robbie McGowan Hickie (UK)

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Choreographed to: Monday Mi Amor by Soluna, CD:  
For All Times (135bpm); True Blue by Madonna  
(118 bpm)

Intro/Count In:64

**Chasse Left. Back Rock. 1/4 Turn Left. 1/2 Turn Left. Step. Pivot 1/4 Turn Left.**

- 1&2 Step Left to Left side. Close Right beside left. Step Left to Left side.  
3-4 Rock back on Right. Rock forward on Left.  
5-6 Turn 1/4 turn Left stepping back on Right. Turn 1/2 turn Left stepping forward on Left.  
7-8 Step forward on Right. Pivot 1/4 turn Left. (Facing 12 o'clock)  
Easier option: Counts 5-8 ... 5. Step Right to Right side. 6. Cross Left behind Right.  
7-8 Rock Right to Right side. Recover weight on Left.

**Cross Rock. Chasse Right. Cross. Side. Left Sailor 1/4 Turn Left.**

- 1-2 Cross rock Right over Left. Rock back on Left.  
3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side.  
5-6 Cross step Left over Right. Step Right to Right side.  
7&8 Sweep/Cross Left behind Right turning 1/4 turn Left. Step Right beside Left. Step Left slightly Left.

**Cross. Point. Cross. Kick. Cross. Back. Right Triple 1/2 Turn Right.**

- 1-2 Step Right forward across Left. Point Left toe out to Left side. (Facing 9 o'clock)  
3-4 Step Left forward across Right. Kick Right diagonally forward Right.  
5-6 Cross step Right over Left. Step back on Left.  
7&8 Right triple step in place turning 1/2 turn Right stepping Right, Left, Right. (Facing 3 o'clock)

**Diagonal Rock Steps (With Hip Pushes). Step. Pivot 1/2 Turn Right. Left Shuffle Forward.**

- 1-2 Rock Left diagonally forward Left pushing hips forward. Rock back on Right pushing hips back Right.  
3-4 Rock Left diagonally back Left pushing hips back. Rock forward on Right pushing hips forward Right.  
5-6 Step forward on Left. Pivot 1/2 turn Right.  
7&8 Left shuffle forward stepping Left, Right, Left. (Facing 9 o'clock)

**Full Turn Left (Travelling Forward). Forward Rock. Right Coaster Cross. Side Rock 1/4 Turn Right**

- 1-2 Turn 1/2 turn Left stepping back on Right. Turn 1/2 turn Left stepping forward on Left.  
3-4 Rock forward on Right. Rock back on Left.  
5&6 Step back on Right. Step Left beside Right. Cross step Right over Left.  
7-8 Rock Left out to Left side. Recover weight on Right turning 1/4 turn Right. (Facing 12 o'clock)

**Diagonal Shuffle Forward. Side Rock. Right Cross Shuffle. Side. Hold & Clap.**

- 1&2 Left shuffle diagonally forward Right stepping Left, Right, Left.  
3-4 Rock Right out to Right side. Recover weight on Left. (Straighten up to 12 o'clock)  
5&6 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.  
7-8 Step Left to Left side. Hold and Clap.

**& 1/4 Turn Left. Hold & Clap. Step. Pivot 1/2 Turn Left. Right Kick-Ball-Cross. Side Rock.**

- &1-2 Sep Right beside Left. Turn 1/4 turn Left stepping forward on Left. Hold and Clap.  
3-4 Step forward on Right. Pivot 1/2 turn Left. (Facing 3 o'clock)  
5&6 Kick Right forward. Step ball of Right beside Left. Cross step Left over Right.  
7-8 Rock Right out to Right side. Recover weight on Left.

**Behind. 1/4 Turn Left. Step. Pivot 3/4 Turn Left. Chasse Right. Back Rock.**

- 1-2 Cross Right behind Left. Turn 1/4 turn Left stepping forward on Left.  
3-4 Step forward on Right. Pivot 3/4 turn Left.  
5&6 Step Right to Right side. Close Left beside Right. Step Right to Right side.  
7-8 Rock back on Left. Rock forward on Right. (Facing 3 o'clock)