



My Monday Mood

Counts	Lyrics	Choreography
1-8		Shake hips RLRLRLRL
1-8		Shake hips RLRLRLRL
1-8		Cross arms and pout RLRL
1-8		Cross arms and pout RLRL
1-8	<i>No matter how I feel</i>	Run in place - shake hands up to above head
1-8	<i>I gotta move</i>	Run in place - shake hands back down
1-8	<i>I always keep it real</i>	Point right - step right step together Bounce knees 2 times
1-8	<i>And find a groove</i>	Point left - step left step together Bounce knees 2 times
1-8	<i>My monday mood</i>	Step out wide - arms go up and open out - legs shake
1-8	<i>My monday mood</i>	Right hand out front - shake it open to side and to hip
1-8	<i>My monday mood</i>	Step right tap left - hands up snap down Step left tap right- hands up snap down
1-8		Step right tap left - hands up snap down Step left tap right- hands up snap down
1-8	<i>When I'm full of joy</i>	Shake hands up to above head
1-8	<i>I jump around</i>	Jump 4 times
1-8	<i>When I feel annoyed</i>	Stomp RLRL
1-8	<i>I stomp the ground</i>	Stomp faster RLRLRLRL
1-8	<i>My monday mood</i>	Step out wide - arms go up and open out - legs shake

1-8	<i>My monday mood</i>	Right hand out front - shake it open to side and to hip
1-8	<i>My monday mood</i>	Step right tap left - hands up snap down Step left tap right- hands up snap down
1-8		Step right tap left - hands up snap down Step left tap right- hands up snap down
1-8	<i>The weekend was a blast</i>	Jump to the right 4 times - pump right fist
1-8	<i>Wish that I could make it last</i>	Feet together - bend knees 4 times
1-8	<i>Now Monday's here, no matter how I feel</i>	Jump to the left 4 times - pump right fist
1-8	<i>I'm gonna dance dance dance</i>	Feet together - bend knees 4 times
1-8		Shake hips RLRLRLRL
1-8		Shake hips RLRLRLRL
1-8	<i>When I'm feeling sleepy</i>	Hands together place on right side of the face- sleepy
1-8	<i>I dance real slow</i>	Fan arms over to left and place them together and on the left side of the face - sleepy
1-8	<i>When I'm feeling weepy</i>	Hands and eyes - fingers sprinkle down like tears- feet march RLRL
1-8	<i>I let it flow</i>	Shake hands out - Feet march RLRLRLRL
1-8	<i>My monday mood</i>	Step out wide - arms go up and open out - legs shake
1-8	<i>My monday mood</i>	Right hand out front - shake it open to side and to hip
1-8	<i>My monday mood</i>	Step right tap left - hands up snap down Step left tap right- hands up snap down
1-8		Step right tap left - hands up snap down Step left tap right- hands up snap down
1-8	<i>When I am excited</i>	Bend down (1-4) and jump really high (5-8)
1-8	<i>I dance real fast</i>	Bend down (1-4) and jump really high (5-8)
1-8	<i>When I'm feeling frightened</i>	Look scared
1-8	<i>I stomp and clap</i>	Stomp right clap Stomp left clap Stomp right clap Stomp left clap
1-8	<i>My monday mood</i>	Step out wide - arms go up and open out - legs

		shake
1-8	<i>My monday mood</i>	Right hand out front - shake it open to side and to hip
1-8	<i>The weekend was a blast</i>	Jump to the right 4 times - pump right fist
1-8	<i>Wish that I could make it last</i>	Feet together - bend knees 4 times
1-8	<i>Now Monday's here, no matter how I feel</i>	Jump to the left 4 times - pump right fist
1-8	<i>I'm gonna dance dance dance</i>	Feet together - bend knees 4 times
1-8	<i>My monday mood</i>	Shake hips RLRLRLRL
1-8	<i>My monday mood</i>	Step out wide - arms go up and open out - legs shake
1-8	<i>My monday mood</i>	Step right tap left - hands up snap down Step left tap right- hands up snap down
1-8	<i>My monday mood</i>	Step right tap left - hands up snap down Step left tap right- hands up snap down - Freeze with arms crossed