

Monroe Dancin

Low Advanced

Recorded by: Ricky Skaggs – Brand New Strings

Choreo: Mary Smith – Purcellville, Virginia – 540-882-4917 – luv2clog@starpower.net

Sequence: Wait 16 Intro-A-B-C-A-B-C (music cut after this)

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**Intro**

DR ST SK Up Flap ST DR ST SK Up Flap ST  
& 1 e & a 2 & 3 e & a 4  
R L R R R R R L R R R R

2 Flat Foot Basics

DR ST SK Up Flap ST SK Up Flap ST ST ST  
& 1 e & a 2 e & a 3 & 4  
R L R R R R L L L L R L

Flat Foot Triple

**Repeat all of the above on opposite foot**

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**Part A**

Stomp DT Up DTB H B H B  
1 & 2 & 3 e & a 4  
L R R R L L R R

Double Up Buck

ST ST Dbl Hop ST(xib) Dbl Hop ST(xib) Dbl Hop ST(xib)  
& 1 e& a 2 e& a 3 e& a 4  
L R L R L R L R L R L

Irish Triple

**Repeat Double Up Buck on opposite foot**

ST Dbl Hop ST(xib) Dbl Hop ST(xib) ST ST  
1 e& a 2 e& a 3 & 4  
R L R L R L R L R

Modified Irish Triple  
(Turn 1/2 L)

**Repeat all of the above**

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**Part B**

DS (1/4 L) H ST H ST H ST  
&1 & 2 & 3 & 4  
L R L R L R L

Travelin Shoes  
(Moving toward front)

DS DTB H B DR B H B  
&1 &2 e & 3 & a 4  
R L R R R L R R

Synchopate

DS DS H H Flap B Flap B  
&1 &2 & 3 e & a 4  
L R L R L L R R

Walk The Dog Flap

DS DS B(xif) T B B(os) H B  
&1 &2 & a 3 & a 4  
L R L R R L R R

Buck Fancy Double  
(Turn 1/4 L)

**Repeat all of the above**

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**Part C**

DS BR Up DT(xif) Brk Brk Brk/ST BR Up DT(xif) Brk Brk Brk/ST BR Up  
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8  
L R R R B B L/R L L L B B R/L R R

Broken Ankles

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

Triple  
(Turn ½ R)

DS DS DS SK Click(R heel to L toe) Flap ST  
&1 &2 &3 e & a 4  
L R L R B L R

Click It Up

**Repeat all of the above**

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