

# Just 4U

Count: 32

Wand: 0

Ebene:

Choreograf/in: Mick Cook

Musik: Couldn't Last a Moment - Collin Raye



**Position: Start in Right Side By Side Position (Sweetheart) facing LOD on same foot pattern throughout**

## **TOE TOUCHES, HEEL TOUCHES, STEP FORWARD (LEFT & RIGHT)**

- 1& Touch left toe to left side, touch left toe beside right
- 2& Touch left heel forward, touch left toe beside right
- 3& Touch left toe to left side touch left toe beside right
- 4 Step forward on left
- 5& Touch right toe to right side, touch right toe beside left
- 6& Touch right heel forward, touch right toe beside left
- 7& Touch right toe to right side, touch right toe beside left
- 8 Step forward on right

## **LEFT HEEL, TOE, LEFT SHUFFLE FORWARD, RIGHT HEEL, TOE, RIGHT SHUFFLE FORWARD**

- 1-2 Touch left heel forward, touch left toe back
- 3&4 Left shuffle forward stepping left-right-left
- 5-6 Touch right heel forward, touch right toe back
- 7&8 Right shuffle forward stepping right-left-right

## **FULL TURN RIGHT, LEFT SHUFFLE FORWARD, FULL TURN LEFT, RIGHT SHUFFLE FORWARD**

- 1 Step forward on left turning  $\frac{1}{2}$  turn right (facing RLOD)
- 2 Step back on right turning  $\frac{1}{2}$  turn right (facing LOD)
- Arms: counts 1-2, release left hands, raise right hands on full turn - then rejoin**
- 3&4 Left shuffle forward stepping left-right-left
- 5 Step forward on right turning  $\frac{1}{2}$  turn left (facing RLOD)
- 6 Step back on left turning  $\frac{1}{2}$  turn left (facing LOD)
- Arms: counts 5 - 6 release right hands, raise left hands on full turn - then rejoin**
- 7&8 Right shuffle forward stepping right-left-right

## **$\frac{1}{4}$ TURN RIGHT, BEHIND, $\frac{1}{4}$ TURN LEFT, ROCK & STEP BACK, COASTER STEP, KICK BALL TOUCH**

- 1 Step forward on left turning  $\frac{1}{4}$  turn right, cross right behind left (facing OLOD)
- 2 Step left to left side turning  $\frac{1}{4}$  turn left. (facing LOD)
- 3&4 Rock forward on right, rock back on left. Step back on right
- 5&6 Step back on left. Step right beside left, step forward on left
- 7&8 Kick right forward, step right beside left. Touch left toe beside right

**REPEAT**