

Just One For The Road

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Sandra Speck (UK) - March 2013

Musik: One for the Road - Nathan Carter : (Album: Time of My Life, - iTunes)



20 count into, start on word "Havin"

¼ BEHIND ¼, ¼ BEHIND ¼

- 1-2 Turn ¼ left, stepping right to side, step left behind right
- 3-4 Turn ¼ right stepping forward on right, hold for one count
- 5-6 Turn ¼ right stepping left to side, step right behind left
- 7-7 turn ¼ left stepping forward on left, hold for one count

ROCK FORWARD RECOVER, BACK STRUT x 3

- 1-2 Rock forward onto right foot, recover onto left
- 3-4 Step back on right toe, drop heel to floor
- 5-6 Step back on left toe, drop heel to floor
- 7-8 Step back on right toe, drop heel to floor

COASTER STEP HOLD, RIGHT LOCK STEP, HOLD

- 1-2 Step back on left foot, close right foot next to left
- 3-4 Step forward on left foot, hold for one count
- 5-6 Step forward on right foot, lock left foot behind right
- 7-8 Step forward on right foot, hold for one count

STEP ¼ CROSS, SIDE BEHIND SIDE CROSS HOLD

- 1-2 Step forward on left foot, turn ¼ right transferring weight to right foot
- 3-4 Cross left foot over right**, step right foot to side *

****Re-start here on walls 3 and 6 ***

- 5-6 Cross left behind right, step right foot to side
- 7-8 Cross left foot over right, hold for one count

SIDE TOUCH, SIDE TOUCH, ½ MONTEREY,

- 1-2 Step right foot to side, touch left next to right,
- 3-4 Step left foot to side, touch right next to left
- 5-6 Point right foot to side, make ½ turn right closing right foot next to left
- 7-8 Point left foot to side, close left foot next to right

SIDE TOUCH, SIDE TOUCH, ½ MONTEREY

Repeat the above 8 counts

CROSS ROCK SIDE, CROSS ROCK SIDE

- 1-2 Cross rock right foot over left, recover onto left foot
- 3-4 Step right foot to side, hold for one count
- 5-6 Cross rock left foot over right, recover onto right foot
- 7-8 Step left foot to side, hold for one count

TOE HEEL STOMP, TOE HEEL STOMP

- 1-2 Touch right toe next to left, touch right heel next to left
- 3-4 Stomp right foot forward, hold for one count
- 5-6 Touch left toe next to right, touch left heel next to right
- 7-8 Stomp left foot forward, hold for one count

***Re-start walls 3 & 6.**

On count 3, section 4, close left foot next to right and Start again

Contact: sandra.speck@btinternet.com
