

Just a Notion

拍数: 32 墙数: 4 级数: Improver
编舞者: Runa (DK) - October 2021
音乐: Just A Notion - ABBA : (iTunes)



Intro: 16 count from main beat

***3 x RESTARTS:

Wall 4 after 24 counts (facing 6:00)

Wall 8 after 16 counts with step change Replace count 16 "Hold" with "Step L beside R" (facing 12:00)

Wall 10 after 24 counts (facing 12:00)

S1. K-step

1-2 Step diag. fwd on R, touch L beside R
3-4 Step diag. back on L, touch R beside L
5-6 Step diag. back on R, touch L beside R
7-8 Step diag. fwd on L, touch R beside L

S2. Cross-rock, recover, monterey ¼ turn, fwd, hold

1-2 Cross-rock R over L, recover on L
3-4 Point R to R side, make ¼ turn R on LF stepping R beside L (3:00)
5-6 Point L to L side, step L beside R
7-8 Step fwd on R, hold

S3. Fwd shuffle, fwd rock, recover, back, toe-touch, back, toe-touch

1&2 Step fwd on L, step R beside L, step fwd on L
3-4 Rock fwd on R, recover on L
5-6 Step back on R, touch on top of R foot with L toes
7-8 Step back on L, touch on top of L foot with R toes

S4. Side, together, ¼ turn R, touch, ¼ back turn R, side, cross, hold

1-2 Step R to R side, step L beside R
3-4 Step R to R side ¼ turn R, touch L beside R (6:00)
5-6 Step back on L ¼ turn R, step R to R side (9:00)
7-8 Cross L over R, hold