

Just a Notion

拍数: 64 墙数: 4 级数: Improver
编舞者: BS Sung (KOR) - October 2021
音乐: Just A Notion - ABBA



*1Tag : after wall6 (56count)

***3 Restart : after 3(56count),4(48count), 6(56count)

Sec.1 : Rock & Chasse R,L

1 - 4 RF Back behind LF, LF Recover RF Side , LF Together, RF Side
5 - 8 LF Back behind RF , RF Recover, LF Side, RF Together, LF Side

Sec. 2 : RF Rock & Chasse 1/2turn left, LF Rock & Chasse 1/4 turn

1 - 2 RF Back behind LF, LF Recover,
3 & 4 RF 1/4turn fwd left, LF Together, RF 1/4turn back left (6:00)
5 - 6 LF Back behind RF, RF Recover,
7 & 8 LF 1/4turn fwd right, RF Together, LF 1/4 turn back right (3:00)

Sec.3 : Rock ,Recover,Side rock, 1/4 turn Rock, Recover

1 - 2 RF step fwd, LF Recover
3 - 4 RF step side , LF Recover
5 - 6 RF 1/4 turn side rock right, LF Recover (6:00)
7 - 8 RF Back behind LF , LF Recover

Sec.4 : Cross side point R,L

1 - 2 RF step fwd, LF step side point
3 - 4 LF step fwd , RF step side point
5 - 6 RF Back behind LF , LF side kick
7 - 8 LF Back behind RF , RF side kick

Sec 5: Rumba Box

1 & 2 RF 1/4turn side left, LF Together, RFside (9:00)
3 & 4 LF 1/4 turn side left , RF Together, LF Side (12:00)
5 & 6 RF 1/4 turn side left, LF Together, RF Side (3:00)
7 & 8 LF 1/4 turn side left, RF Together, LF Side (6:00)

Sec.6 1/4 turn Shuffle × 4 =(Full turn)

1 & 2 RF 1/4 turn shuffle right(9:00)
3 & 4 LF 1/4 turn shuffle right(12:00)
5 & 6 RF 1/4 turn shuffle right(3:00)
7 & 8 LF 1/4 turn shuffle right (6:00)

Sec 7 : Cross Rock Chasse R, L

1 - 2 RF Cross on LF , LF Recover
3 - 4 RF Side, LF Together, RF Side
5 - 6 LF Cross Rock on RF, RF Recover
7 - 8 LF Side, RF Together, LF Side

Sec 8: Rock Recover , Siderock Recover, Back Rock Recover

1 - 2 RF fwd rock, LF Recover
3 - 4 RF Side rock ,LF Recover
5 - 6 RF 1/4 turn back rock right, LF Recover (9:00)
7 - 8 RF fwd on LF ,LF Recover

Tag : RF Side Rock hold 4 Count

- Enjoy the dance -

Last Updated - 28 Oct. 2021
