

# Just A Notion AB

拍数: 32      墙数: 2      级数: Absolute Beginner  
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音乐: Just A Notion - ABBA



Start after intro (12 secs) on words" Just a notion"

## SEC 1: CHASSE RIGHT ROCK BACK , CHASSE LEFT ROCK BACK

1&2      Step R to R side , Close L next to R, Step R to R side  
3-4      Rock back left recover right  
5&6      Step L to L side, Close R next to L, Step L to L side  
7-8      Rock back right recover left

## SEC 2: SHUFFLE FORWARD ROCK RECOVER , SHUFFLE BACK ROCK BACK RECOVER

1&2      Step forward on R , Close L next to R, Step forward on R  
3-4      Rock forward on left , recover on right  
5&6      Step back on L , Close R next to L , step back on L  
7-8      Rock back on right , recover on left

## SEC 3: ¼ SIDE TOUCH SIDE TOUCH , GRAPEVINE WITH TOUCH

1-2      Make ¼ left step right to right side , touch left next to right  
3-4      Step left to left side touch right next to left  
5-6      Step right to right side , cross L behind  
7-8      Right to right side , touch left next to right

## SEC 4: SIDE BEHIND ¼ TOUCH - HIP BUMPS R , L , R ,L

1-2      Step left to left side, right behind  
3-4      Make ¼ left step forward on left after vine touch R next to L  
5-6-7-8      Step R to R side pushing hips as you bump hips RLRL \*

END OF DANCE

\* On the last count you can flick right foot behind left