

Just a Notion

拍数: 64 墙数: 4 级数: Improver
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音乐: Just A Notion - ABBA



Tag with restart

#24 count intro

LINDY R, L

1&2 Step right foot to the right, step left next to right, step right foot to the right
3-4 Rock back as you cross your left foot behind your right, rock forward on your right foot
5&6 Step left foot to the left, step right next to left, step left foot to the left
7-8 Rock back as you cross your right foot behind your left, rock forward on your left foot

ROCKING CHAIR, WALK, WALK, SHUFFLE

1-2 Rock forward as you step your right foot forward, rock back on your left foot
3-4 Rock backward as you step your right foot backward, rock forward on your left foot
5-6 Step forward right, left
7&8 Step right foot forward, step left foot next to right, step right foot forward

TOUCH LEFT, HOLD, CROSS, HOLD, BOUNCE ½ TURN RIGHT

1-2 Touch left toe to the left side, hold
3-4 Cross left toe in front of right foot, hold
5-8 On the ball of each foot, for 4 counts bounce your heels as you slightly turn a ½ turn right

STEP TOUCH WAVE R, L, STEP TOUCH CLAP R, L

1-2 As you wave your arms to the right above your head step your right foot to the right, touch left next to right
3-4 As you wave your arms to the left above your head step your left foot to the left, touch right next to left
5-6 Clap as you step your right foot to the right, clap as you touch your left foot next to right
7-8 Clap as you step your left foot to the left, clap as you touch your right foot next to left

GRAPEVINE BOX: GRAPEVINE, ¼ TURN LEFT, GRAPEVINE

1-2 Step right foot to the right, cross left foot behind right
3-4 Step right foot to the right, touch left next to right
5-6 Step left foot ¼ turn to the left, cross right behind left
7-8 Step left foot to the left, touch right next to left

¼ TURN RIGHT GRAPEVINE, ¼ TURN LEFT GRAPEVINE

1-2 Step right foot ¼ turn to the right, cross left behind right
3-4 Step right foot to the right, touch left foot next to right
5-6 Step left foot ¼ turn left, cross right behind left
7-8 Step left foot to the left, hold

JAZZ BOX ¼ TURN RIGHT (2X)

1-2 Cross right foot over left, step left foot backward
3-4 Step right foot ¼ turn right, step left next to right
5-6 Cross right foot over left, step left foot backward
7-8 Step right foot ¼ turn right, step left next to right

HIP BUMPS R, L, R, L, STEP TOE, STEP KICK

- 1-4 Step right foot to the right as you bump your hip to the right, bump hips left, right, left
5-6 Step right foot forward, touch left toe on the floor behind you
7-8 Step left foot forward, kick right foot forward.

WALL 6: 4 COUNT TAG, RESTART AT 2:46 IN MUSIC:

Complete first 24 counts of dance, then as you sing, "You," cross hands over chest and bump your hips right, left, right, left, drop arms.

Add your own style and have fun!!

Gregory F. Huff © 5/2023

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