

# Just One For The Road

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Improver  
编舞者: Sandra Speck (UK) - March 2013  
音乐: 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**

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