

# Just a Notion

COPPERKNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Runa (DK) - October 2021  
音樂: 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