

# EZ Just a Notion

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Ron Harris (CAN) - October 2021  
音樂: Just A Notion - ABBA



Intro: 16 beats after piano intro

No tags or restarts

## Section 1: RF HEEL TOE X2, STEP LOCK STEP HOLD

1-2            Place RF heel forward, touch RF toe back  
3-4            Place RF heel forward, touch RF toe back  
5-6            Step RF forward, Step LF behind RF  
7-8            Step RF forward and hold

## Section 2: LF HEEL TOE X2 STEP LOCK STEP HOLD

1-2            Step LF heel forward, touch LF toe back  
3-4            Step LF heel forward, touch LF toe back  
5-6            Step LF forward, step RF behind LF  
7-8            Step LF forward and hold

## Section 3 MODIFIED REVERSE RHUMBA BOX X2

1-2            Step RF to the right, step LF beside RF  
3-4            Step RF back and hold  
5-6            Step LF to the left of RF, step RF beside LF  
7-8            Step LF back and hold

## Section 4 REVERSE ROCKING CHAIR, MONTEREY WITH A 1/4 TURN RIGHT

1-2            Step RF back, recover on LF  
3-4            Step RF forward, recover on LF  
5-6            Point RF to the right, turn 1/4 right on ball of LF, step down on RF  
7-8            Point LF to the left, step LF beside RF

**REPEAT**

I would like to thank my partner Brain for his guidance, suggestions and critiquing of my choreographies

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