

EZ Just a Notion

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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