

Just A Notion AB

拍數: 32 牆數: 2 級數: Absolute Beginner
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音樂: Just A Notion - ABBA



Start after intro (12 secs) on words" Just a notion"

SEC 1: CHASSE RIGHT ROCK BACK , CHASSE LEFT ROCK BACK

1&2 Step R to R side , Close L next to R, Step R to R side
3-4 Rock back left recover right
5&6 Step L to L side, Close R next to L, Step L to L side
7-8 Rock back right recover left

SEC 2: SHUFFLE FORWARD ROCK RECOVER , SHUFFLE BACK ROCK BACK RECOVER

1&2 Step forward on R , Close L next to R, Step forward on R
3-4 Rock forward on left , recover on right
5&6 Step back on L , Close R next to L , step back on L
7-8 Rock back on right , recover on left

SEC 3: ¼ SIDE TOUCH SIDE TOUCH , GRAPEVINE WITH TOUCH

1-2 Make ¼ left step right to right side , touch left next to right
3-4 Step left to left side touch right next to left
5-6 Step right to right side , cross L behind
7-8 Right to right side , touch left next to right

SEC 4: SIDE BEHIND ¼ TOUCH - HIP BUMPS R , L , R ,L

1-2 Step left to left side, right behind
3-4 Make ¼ left step forward on left after vine touch R next to L
5-6-7-8 Step R to R side pushing hips as you bump hips RLRL *

END OF DANCE

* On the last count you can flick right foot behind left