

Just a Notion

拍數: 64 牆數: 2 級數: High Improver
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音樂: Just A Notion - ABBA



Step Side, Touch. Step Side, Touch. Chasse R. Back Rock.

1-4 Step R to right side. Touch L beside R. Step L to left side. Touch R beside L.
5&6 Step R into chasse right stepping R. L. R.
7-8 Rock back on L. Recover on R

L Toe Strut. R Toe Strut. Shuffle ¼ Turn L. Shuffle ½ Turn L.

1-4 Step on L toe to left side, Lower L heel. Step on R toe across L. Lower R heel
5&6 Step L into shuffle ¼ turn left, stepping L. R. L.
7&8 Step R into shuffle ½ turn left, stepping R. L. R. (3)

Back Rock. Step 1/1 Turn R. ¼ Turn R Chasse L. Back Rock

1-2 Rock back on L. Recover on R
3-4 Turn ½ turn left stepping back on L. Turn ½ turn left stepping forward on R.
5&6 Turn ¼ turn left, step L into chasse left stepping L. R. L. (6)
7-8 Rock back on R, Recover on L.

Rocking Chair. Step Pivot ½ Turn L. Walk forward R. L.

1-4 Rock forward on R. Recover on L. Rock back on R. Recover on L
5-6 Step forward on R. Pivot ½ turn left. (12)
7-8 Walk forward on R. Walk forward on L.

Forward Rock. Shuffle Back. Back Rock. Shuffle ½ Turn R

1-2 Rock forward on R. Recover on L
3&4 Step back on R. Step L. beside R. Step back on R.
5-6 Rock back on L. Recover on R.
7&8 Step L into shuffle ½ turn right stepping L. R. L. (6)

Back Rock. Shuffle Forward. Forward Rock. Shuffle ¼ Turn L

1-2 Rock back on R. Recover on L
3&4 Step forward on R. Step L beside R. Step forward on R.
5-6 Rock forward on L. Recover on R.
7&8 Step L into shuffle ¼ left, stepping L. R. L. (3)

Restart on wall 4. Note: Turn ¼ turn left to facing (12) then restart from beginning.

Weave L. Point L. Step Across, Side. Sailor ¼ Turn L.

1-4 Step R across L. Step L to left side. Step R behind L. Point L to left side.
5-6 Step L across R. Step R to right side.
7&8 Step L behind R. Turn ¼ turn left stepping R to right side. Step forward on L (12)

Restart On Wall 2 Facing (6) & Wall 5 Facing (12)

Jazz Box ¼ Turn R. Times Two.

1-4 Step R across L. Turn ¼ turn right stepping back on L. Step R to right side. Step forward on L.
5-8 Repeat 1-4 (6)

Enjoy & Happy Dancing

