

# Note To Self

拍數: 32      牆數: 2      級數: Improver  
編舞者: Micaela Svensson Erlandsson (SWE) - April 2023  
音樂: Note To Self - Randy Houser



## Section 1 Right Vaudeville. Left Vaudeville. Forward Mambo Step. Coaster Step.

1&      Cross right foot over left. Step back on the left foot.  
2&      Present right heel forward. Step right in place.  
3&      Cross left foot over right. Step back on the right foot.  
4&      Present left heel forward. Step left in place.  
5&6      Rock forward on right. Recover onto left. Step back on right.  
7&8      Step back on left. Step right beside left. Step forward on left.

## Section 2 Step. ¼ Turn left. Cross. Side. Touch. Side. Back Rock. Side. Back Rock. Side.

1&2      Step forward on right. Turn ½ left. Cross right over left.  
3&4      Step left to left side. Touch right beside left. Step right to right side.  
5&6      Rock left behind right. Recover onto right. Step left to left side.  
7&8      Rock right behind left. Recover onto left. Step right to right side.

## Section 3 Behind. Side. Cross. Rock ¼ Turn left. Step. Full Triple Turn right. Full Triple Turn left.

1&2      Cross left behind right. Step right to right side. Cross left over right.  
3&4      Rock right to right side. Turn ¼ left recovering to left. Step forward on right.  
5&6      Make a Triple full turn over right shoulder traveling forward, stepping left, right, left.  
7&8      Make a Triple full turn over left shoulder traveling forward, stepping right, left, right.

### Easy Option: Replace one, or both, Full Triple Turns with Forward Shuffle/Shuffles

## Section 4 Rock Step. Coaster Step. Right Chasse. Touch. Left. Chasse. Scuff.

1-2      Rock Forward on left. Recover onto right.  
3&4      Step back on left. Step right beside left. Step forward on left.

### Restart here: On Wall 1 Facing 6 O'clock.

5&6&      Step right to right. Close left beside right. Step right to right. Touch left beside right.  
7&8      Step left to left. Close right beside left. Step left to left.  
&      Scuff right foot forward.

\*1 Restart. On wall 1, after cont 3&4 of Section 4, facing 6 O'clock

\*1 Tag: After Wall 6, facing 12 O'clock

### Tag: Syncopated right Rocking chair.

1&2&      Rock forward on right. Recover onto left. Rock back on right. Recover onto left.