

# Just One For The Road

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Sandra Speck (UK) - March 2013  
音樂: One for the Road - Nathan Carter : (Album: Time of My Life, - iTunes)



20 count into, start on word "Havin"

## ¼ BEHIND ¼, ¼ BEHIND ¼

- 1-2 Turn ¼ left, stepping right to side, step left behind right
- 3-4 Turn ¼ right stepping forward on right, hold for one count
- 5-6 Turn ¼ right stepping left to side, step right behind left
- 7-7 turn ¼ left stepping forward on left, hold for one count

## ROCK FORWARD RECOVER, BACK STRUT x 3

- 1-2 Rock forward onto right foot, recover onto left
- 3-4 Step back on right toe, drop heel to floor
- 5-6 Step back on left toe, drop heel to floor
- 7-8 Step back on right toe, drop heel to floor

## COASTER STEP HOLD, RIGHT LOCK STEP, HOLD

- 1-2 Step back on left foot, close right foot next to left
- 3-4 Step forward on left foot, hold for one count
- 5-6 Step forward on right foot, lock left foot behind right
- 7-8 Step forward on right foot, hold for one count

## STEP ¼ CROSS, SIDE BEHIND SIDE CROSS HOLD

- 1-2 Step forward on left foot, turn ¼ right transferring weight to right foot
- 3-4 Cross left foot over right\*\*, step right foot to side \*

**\*\*Re-start here on walls 3 and 6 \***

- 5-6 Cross left behind right, step right foot to side
- 7-8 Cross left foot over right, hold for one count

## SIDE TOUCH, SIDE TOUCH, ½ MONTEREY,

- 1-2 Step right foot to side, touch left next to right,
- 3-4 Step left foot to side, touch right next to left
- 5-6 Point right foot to side, make ½ turn right closing right foot next to left
- 7-8 Point left foot to side, close left foot next to right

## SIDE TOUCH, SIDE TOUCH, ½ MONTEREY

Repeat the above 8 counts

## CROSS ROCK SIDE, CROSS ROCK SIDE

- 1-2 Cross rock right foot over left, recover onto left foot
- 3-4 Step right foot to side, hold for one count
- 5-6 Cross rock left foot over right, recover onto right foot
- 7-8 Step left foot to side, hold for one count

## TOE HEEL STOMP, TOE HEEL STOMP

- 1-2 Touch right toe next to left, touch right heel next to left
- 3-4 Stomp right foot forward, hold for one count
- 5-6 Touch left toe next to right, touch left heel next to right
- 7-8 Stomp left foot forward, hold for one count

**\*Re-start walls 3 & 6.**

**On count 3, section 4, close left foot next to right and Start again**

**Contact: [sandra.speck@btinternet.com](mailto:sandra.speck@btinternet.com)**

---