|  |  |
| --- | --- |
| Just For A Day |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Tony Vassell (UK) & Robbie McGowan Hickie (UK) - November 2015 |
| **Music:** | Just for a Day (feat. Ben Rue) - Cloverdayle : (CD: 9 Miles Down a 10 Mile Road) |
| . |

**Music also available on Download from iTunes & www.amazon.co.uk**

**#32 Count intro**

**Right Cross Rock. Chasse Right. Back Rock. Left Shuffle Forward.**

|  |  |
| --- | --- |
| 1 – 2 | Cross rock Right forward over Left. Rock back on Left. |

|  |  |
| --- | --- |
| 3&4 | Step Right to Right side. Close Left beside Right. Step Right to Right side. (Use Cuban Hip) |

|  |  |
| --- | --- |
| 5 – 6 | Rock back on Left. Rock forward on Right. |

|  |  |
| --- | --- |
| 7&8 | Left shuffle forward stepping Left. Right. Left. |

**Right Forward Rock. Right Shuffle 1/2 Turn Right. 2 x 1/2 Turns Right. Left Forward Rock & Step Back.**

|  |  |
| --- | --- |
| 1 – 2 | Rock forward on Right. Rock back on Left. |

|  |  |
| --- | --- |
| 3&4 | Right shuffle making 1/2 turn Right stepping Right. Left. Right. |

|  |  |
| --- | --- |
| 5 – 6 | Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right. |

|  |  |
| --- | --- |
| 7&8 | Rock forward on Left. Rock back on Right. Step back on Left. (Facing 6 o’clock) |

**Easier Option: Counts 5 – 6 above … Walk forward on Left. Walk forward on Right.**

**Slide Back (Right & Left). Right Coaster Cross. Left Side Rock. Left Sailor 1/4 Turn Left.**

|  |  |
| --- | --- |
| 1 – 2 | Slide back on Right. Slide back on Left. |

|  |  |
| --- | --- |
| 3&4 | Cross Right behind Left. Step Left to Left side. Cross step Right over Left. |

|  |  |
| --- | --- |
| 5 – 6 | Rock Left out to Left side. Recover weight on Right. |

|  |  |
| --- | --- |
| 7&8 | Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left. \*\*Restart\*\* |

**Step. Pivot 1/2 Turn Left. Right Shuffle Forward. Step Forward. 1/2 Turn Left. Left Coaster Step.**

|  |  |
| --- | --- |
| 1 – 2 | Step forward on Right. Pivot 1/2 turn Left. (Facing 9 o’clock) |

|  |  |
| --- | --- |
| 3&4 | Right shuffle forward Right. Left. Right. |

|  |  |
| --- | --- |
| 5 – 6 | Step forward on Left. Make 1/2 turn Left stepping back on Right. (Facing 3 o’clock) |

|  |  |
| --- | --- |
| 7&8 | Step back on Left. Step Right beside Left. Step forward on Left. \*\*\*Ending – See Note Below\*\*\* |

**Start Again**

**Restart: Dance to Count 24 of Wall 5…then Start the Dance Again from the Beginning (Facing 3 o’clock)**

**Note: Music fades During Wall 9 … Keep on dancing till the End of that Wall, replacing Left Coaster with**

**Left Sailor 1/4 Turn Left (End Facing 12 o’clock)**