Just a Notion



Count: 32 Wall: 4 Level: Improver

Choreographer: Runa (DK) - October 2021

Music: Just A Notion - ABBA: (iTunes)



Intro: 16 count from main beat

***3 x RESTARTS:

Wall 4 after 24 counts (facing 6:00)

Wall 8 after 16 counts with step change Replace count 16 "Hold" with "Step L beside R" (facing 12:00)

Wall 10 after 24 counts (facing 12:00)

S1. K-step

1-2	Step diag. fwd on R, touch L beside R
3-4	Step diag. back on L, touch R beside L
5-6	Step diag. back on R, touch L beside R
7-8	Step diag. fwd on L, touch R beside L

S2. Cross-rock, recover, monterey 1/4 turn, fwd, hold

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1-2	Cro	ss-rock R o	over L,	recover	on L

3-4 Point R to R side, make ¼ turn R on LF stepping R beside L (3:00)

5-6 Point L to L side, step L beside R

7-8 Step fwd on R, hold

S3. Fwd shuffle, fwd rock, recover, back, toe-touch, back, toe-touch

1&2	Step fwd on I	∟, step R beside l	L, step fwd on L
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3-4 Rock fwd on R, recover on L

5-6 Step back on R, touch on top of R foot with L toes7-8 Step back on L, touch on top of L foot with R toes

S4. Side, together, ¼ turn R, touch, ¼ back turn R, side, cross, hold

1-2	Step R to R side_step I_beside R
1 - /	STAN P TO P CINA CTAN I NACINA P

Step R to R side ¼ turn R, touch L beside R (6:00)
Step back on L ¼ turn R, step R to R side (9:00)

7-8 Cross L over R, hold