

# Just a Notion - AB

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4  
编舞者: Lynn Funk (USA) - October 2021  
音乐: Just A Notion - ABBA

级数: Absolute Beginner



Starts just before the vocals about 24 counts from the very beginning of music

## Side Touches (Sway-Hand motions and finger snaps optional) and Right Grapevine

- 1-4      Step R Foot to the Right and Touch L Toe next to R Foot, Step L Foot to Left and Touch R Toe next to L Foot
- 5-8      Step R Foot to the Right, Step L Foot Behind R Foot, Step R Foot to the Right, Touch L Toe next to R Foot (Grapevine)

## Side Touches (Sway-Hand Motions and finger snaps optional) and Left Grapevine

- 1-4      Step L Foot to the Left and Touch R Toe next to L Foot, Step R Foot to the Right and Touch L Toe next to R Foot
- 5-8      Step L Foot to the Left, Step R Foot Behind L Foot, Step L Foot to the Left, Touch R Toe next to L Foot (Grapevine)

## Back and Forward Touches (Sway Movement) with a 1/4 Left Turn

- 1-4      Step R Foot Back and Touch L Toe next to R Foot, Step L Foot Forward and Touch R Toe next to L Foot
- 5-8      Step R Foot Back and Touch L Toe next to R Foot, Step L Foot Forward but turn 1/4 Left and Touch R Toe next to L Foot (9:00)

## Rock/Recover and Cross Right and Left

- 1-4      Rock R Foot to the Right, Recover on L Foot, Cross R Foot Over L Foot, Hold
- 5-8      Rock L Foot to the Left, Recover on R Foot, Cross L Foot Over R Foot, Hold

End of Dance, No Tags, No Restarts!

Hope you Enjoy!

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