

# Just a Notion

拍數: 64      牆數: 2      級數: High Improver  
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音樂: Just A Notion - ABBA



## Step Side, Touch. Step Side, Touch. Chasse R. Back Rock.

1-4      Step R to right side. Touch L beside R. Step L to left side. Touch R beside L.  
5&6      Step R into chasse right stepping R. L. R.  
7-8      Rock back on L. Recover on R

## L Toe Strut. R Toe Strut. Shuffle ¼ Turn L. Shuffle ½ Turn L.

1-4      Step on L toe to left side, Lower L heel. Step on R toe across L. Lower R heel  
5&6      Step L into shuffle ¼ turn left, stepping L. R. L.  
7&8      Step R into shuffle ½ turn left, stepping R. L. R. (3)

## Back Rock. Step 1/1 Turn R. ¼ Turn R Chasse L. Back Rock

1-2      Rock back on L. Recover on R  
3-4      Turn ½ turn left stepping back on L. Turn ½ turn left stepping forward on R.  
5&6      Turn ¼ turn left, step L into chasse left stepping L. R. L. (6)  
7-8      Rock back on R, Recover on L.

## Rocking Chair. Step Pivot ½ Turn L. Walk forward R. L.

1-4      Rock forward on R. Recover on L. Rock back on R. Recover on L  
5-6      Step forward on R. Pivot ½ turn left. (12)  
7-8      Walk forward on R. Walk forward on L.

## Forward Rock. Shuffle Back. Back Rock. Shuffle ½ Turn R

1-2      Rock forward on R. Recover on L  
3&4      Step back on R. Step L. beside R. Step back on R.  
5-6      Rock back on L. Recover on R.  
7&8      Step L into shuffle ½ turn right stepping L. R. L. (6)

## Back Rock. Shuffle Forward. Forward Rock. Shuffle ¼ Turn L

1-2      Rock back on R. Recover on L  
3&4      Step forward on R. Step L beside R. Step forward on R.  
5-6      Rock forward on L. Recover on R.  
7&8      Step L into shuffle ¼ left, stepping L. R. L. (3)

**Restart on wall 4. Note: Turn ¼ turn left to facing (12) then restart from beginning.**

## Weave L. Point L. Step Across, Side. Sailor ¼ Turn L.

1-4      Step R across L. Step L to left side. Step R behind L. Point L to left side.  
5-6      Step L across R. Step R to right side.  
7&8      Step L behind R. Turn ¼ turn left stepping R to right side. Step forward on L (12)

**Restart On Wall 2 Facing (6) & Wall 5 Facing (12)**

## Jazz Box ¼ Turn R. Times Two.

1-4      Step R across L. Turn ¼ turn right stepping back on L. Step R to right side. Step forward on L.  
5-8      Repeat 1-4 (6)

**Enjoy & Happy Dancing**

