

Just One For The Road

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Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Sandra Speck (March 2013)

Music: One For the Road by Nathan Carter. Album: Time of My Life, (iTunes - 187 bpm)

20 count into, start on word "Havin"

$\frac{1}{4}$ BEHIND $\frac{1}{4}$, $\frac{1}{4}$ BEHIND $\frac{1}{4}$

- 1-2 Turn $\frac{1}{4}$ left, stepping right to side, step left behind right
- 3-4 Turn $\frac{1}{4}$ right stepping forward on right, hold for one count
- 5-6 Turn $\frac{1}{4}$ right stepping left to side, step right behind left

7-7turn $\frac{1}{4}$ 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 $\frac{1}{4}$ CROSS, SIDE BEHIND SIDE CROSS HOLD

- 1-2 Step forward on left foot, turn $\frac{1}{4}$ 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, $\frac{1}{2}$ 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

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