

Just One For The Road

Choreographer: Sandra Speck

Count: 64

Wall: 4

Level: Improver

Intro: 20 counts, start on the word "Havin"

Music: "One For The Road" by Nathan Carter



www.country-stafke.be

¼ BEHIND ¼, ¼ BEHIND ¼

- 1-2 Turn ¼ left, stepping right to side, step left behind right
3-4 Turn ¼ right stepping forward on right, hold for one count
5-6 Turn ¼ right stepping left to side, step right behind left
7-8 turn ¼ 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 ¼ CROSS, SIDE BEHIND SIDE CROSS HOLD

- 1-2 Step forward on left foot, turn ¼ 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, ½ 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

Repeat

***Re-start walls 3 & 6.**

On count 3, section 4, close left foot next to right and Start again

