

Just a Notion

32 Count 4 Wall High Improver

Choreographed by **Alison Smith** (UK) (November 2021)

Choreographed to: *Just a Notion* by **ABBA** (from *Voyage Album*)

(120 bpm) Style: Pop. Intro: 16 counts from strong beat, start on lyrics phrase

Count	Footwork
1-8	Step, back rock, step, back rock, chasse right
1-3	Step R to right side, rock back on L, recover onto R in place
4-6	Step L to left side, rock back on R, recover onto L in place
7&8	Step R to right side, slide left next to right (close), step R to right side
9-16	Back rock, step, back rock step, ¼ turn left into back rock
1-3	Rock back on L, recover on R, Step L to left side
4-6	Rock back on R, recover on L, step R to right side
7-8	¼ turn left stepping back on L, recover fwd on R (facing 9 o'clock wall)
RESTART	Here on wall 6 replacing count 16 (step R) with a tap R at 3 o'clock wall
17-24	Walk forward, Kick, shuffle ½ turn right, shuffle ¼ turn right
1-4	Walk forward stepping L, R, L, Kick R fwd
5&6	Turn R ¼ right, slide L up to R (close), turn R ¼ turn R (shuffle ½ turn R, L, R)
7&8	Turn ¼ right stepping on L, slide R up to L (close), step L to side (facing 6 o'clock wall)
RESTART	Here on wall 4 after the ¾ shuffle turn at 9 o'clock wall & on wall 10 at 12 o'clock wall
25-32	Behind ¼ turn, step fwd, pivot ½ turn, step together, heel swivel
1-2	Step R behind L, turn ¼ left onto L (3 o'clock wall)
3-4	Step fwd on R, pivot ½ turn left onto L (9 o'clock wall)
RESTART	Here on wall 13 (after count 28) at 6 o'clock wall
5-8	Step R fwd, step L next to R, swivel heels out to right and back in place END OF DANCE
NOTE	There are 4 restarts in this dance: restart 1 & 3 after 24 counts; restart 2 after 16 counts (replacing a step with a tap); restart 4 after 28 counts