



Dance: **Just One For The Road**
 Type: 64 Count, 4 Wall, Improver
 Choreographer: Sandra Speck (UK), March 2013
 Choreographed to: One For The Road by Nathan Carter (187 bpm, 3:16 min)

Intro: Start after count 20, on the word "Havin"

Section 1	(1/4 Turn, Behind, 1/4 Turn, Hold) x 2	
1,2	Turn 1/4 left stepping right to right side (9:00). Cross left behind right	Turn, behind
3,4	Step right 1/4 turn right (12:00). Hold	Turn, hold
5,6	Turn 1/4 right stepping left to left side (3:00). Cross right behind left	Turn, behind
7,8	Step left 1/4 turn left (12:00). Hold	Turn, hold
Section 2	Forward Rock, Toe Strut x 3	
1,2	Rock forward on right. Recover on left	Forward rock
3,4	Step right toe back. Lower right heel	Back strut
5-8	Step left toe back. Lower left heel. Step right toe back. Lower right heel	Back strut, back strut
Section 3	Coaster Step, Hold, Step Lock Step, Hold	
1-4	Step left back. Step right beside left. Step left forward. Hold	Coaster step, hold
5-8	Step right forward. Lock left behind right. Step right forward. Hold	Step, lock, step, hold
Section 4	Step Pivot 1/4, Extended Weave Right, Hold	
1,2#*	Step left forward. Pivot 1/4 turn right (3:00)	Step, pivot
3-5	Cross left over right. Step right to right side. Cross left behind right	Cross, side, behind
6-8	Step right to right side. Cross left behind right. Hold	Side, cross, hold
Section 5	Side Touch x 2, Monterey 1/2	
1,2	Step right to right side. Touch left beside right	Side, touch
3,4	Step left to left side. Touch right beside left	Side, touch
5,6	Point right to right side. Turn 1/2 right stepping right beside left (9:00)	Monterey half
7,8	Point left to left side. Step left beside right	
	<i>Non-turning steps 5-8: (Point, Close) x 2</i>	
5-8	<i>Point right to right side. Step right beside left. Point left to left side. Step left beside right</i>	<i>Point, close, point, close</i>
Section 6	Side Touch x 2, Monterey 1/2	
1,2	Step right to right side. Touch left beside right	Side, touch
3,4	Step left to left side. Touch right beside left	Side, touch
5,6	Point right to right side. Turn 1/2 right stepping right beside left (3:00)	Monterey half
7,8	Point left to left side. Step left beside right	
	<i>Non-turning steps 5-8: (Point, Close) x 2</i>	
5-8	<i>Point right to right side. Step right beside left. Point left to left side. Step left beside right</i>	<i>Point, close, point, close</i>
Section 7	(Cross Rock, Side, Hold) x 2	
1-4	Cross rock right over left. Recover on left. Step right to right side. Hold	Cross rock, side, hold
5-8	Cross rock left over right. Recover on right. Step left to left side. Hold	Cross rock, side, hold
Section 8	(Sugarfoot, Hold) x 2	
1-4	Step ball of right beside left. Scuff right. Stomp right forward. Hold	Ball, scuff, stomp, hold
5-8	Step ball of left beside right. Scuff left. Stomp left forward. Hold	Ball, scuff, stomp, hold
Step Change	# Wall 3 (6:00) after 26 Counts (facing 9:00) # Wall 6 (3:00) after 26 Counts (facing 6:00) Close Step left beside right	Close
Restart	* Walls 3 & 6 after Step Change	