

Just For A Day

Count: 32

Wall: 4

Level: Improver

Choreographer: Tony Vassell (UK) & Robbie McGowan Hickie (UK) - November 2015

Music: "Just For A Day" by Cloverdayle (feat. Ben Rue) (104 bpm) CD:"9 Miles Down a 10 Mile Road"

Music also available on Download from iTunes & www.amazon.co.uk

#32 Count intro

Right Cross Rock. Chasse Right. Back Rock. Left Shuffle Forward.

1 – 2 Cross rock Right forward over Left. Rock back on Left.
3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side. (Use Cuban Hip)
5 – 6 Rock back on Left. Rock forward on Right.
7&8 Left shuffle forward stepping Left. Right. Left.

Right Forward Rock. Right Shuffle 1/2 Turn Right. 2 x 1/2 Turns Right. Left Forward Rock & Step Back.

1 – 2 Rock forward on Right. Rock back on Left.
3&4 Right shuffle making 1/2 turn Right stepping Right. Left. Right.
5 – 6 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.
7&8 Rock forward on Left. Rock back on Right. Step back on Left. (Facing 6 o'clock)

Easier Option: Counts 5 – 6 above ... Walk forward on Left. Walk forward on Right.

Slide Back (Right & Left). Right Coaster Cross. Left Side Rock. Left Sailor 1/4 Turn Left.

1 – 2 Slide back on Right. Slide back on Left.
3&4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left.
5 – 6 Rock Left out to Left side. Recover weight on Right.
7&8 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left.
 Restart

Step. Pivot 1/2 Turn Left. Right Shuffle Forward. Step Forward. 1/2 Turn Left. Left Coaster Step.

1 – 2 Step forward on Right. Pivot 1/2 turn Left. (Facing 9 o'clock)
3&4 Right shuffle forward Right. Left. Right.
5 – 6 Step forward on Left. Make 1/2 turn Left stepping back on Right. (Facing 3 o'clock)
7&8 Step back on Left. Step Right beside Left. Step forward on Left. ***Ending – See Note Below***

Start Again

Restart: Dance to Count 24 of Wall 5...then Start the Dance Again from the Beginning (Facing 3 o'clock)

Note: Music fades During Wall 9 ... Keep on dancing till the End of that Wall, replacing Left Coaster with Left Sailor 1/4 Turn Left (End Facing 12 o'clock)