

Terry & Caroline French*

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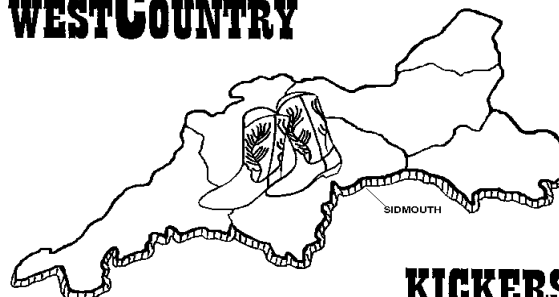
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Qualified Instructor with the

D&G Organisation for
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WESTCOUNTRY



JUST FOR A DAY

Choreographed by: Terry and Caroline French, 08/16, WestCountry Kickers, (westcountrykickers@talktalk.net)

Description: 64 count partner dance, same footwork throughout unless stated.

Start position: Indian position facing OLD

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

Note: Music fades near the end, and then comes back, just keep dancing through it.

ROCK BEHIND, RECOVER, SIDE SHUFFLE, ¼ TURN, ¼ TURN, SHUFFLE FORWARD

1,2, 3&4 Cross rock R behind L, Recover onto L, Side shuffle right stepping R,L,R

5,6, 7&8 Turn ¼ left step back on L, Turn ¼ left step forward on R, Shuffle forward stepping L,R,L

Release left hands on count 6 and rejoin in Reverse Indian position, facing ILOD

ROCK FORWARD, RECOVER, SHUFFLE ½ TURN, SIDE, BEHIND, SHUFFLE ¼ TURN

9,10, 11&12 Rock forward on R, Recover onto L, Shuffle ½ turn right stepping R,L,R

13,14, 15&16 Step L to left side, Cross R behind L, ¼ turn shuffle left stepping L,R,L

Release left hands on count 11 and rejoin in Indian position on count 12, facing OLOD

¼ TURN, BEHIND, SHUFFLE ¼ TURN, ¼ TURN, ¼ TURN, SHUFFLE BACKWARDS

17,18, 19&20 Turn ¼ left step R to right side, Cross L behind R, ¼ turn shuffle right stepping R,L,R

21,22, 23&24 Turn ¼ right step L to left side, Turn ¼ right step back on R, Shuffle back stepping L,R,L

Release left hands on count 17 and rejoin in sweetheart position on count 19, facing LOD

ROCK BACK, RECOVER, SHUFFLE FORWARD, STEP, PIVOT ½ TURN, SHUFFLE FORWARD

25,26, 27&28 Rock back on R, Recover onto L, Shuffle forward stepping R,L,R

29,30, 31&32 Step forward on L, Pivot ½ turn right, Shuffle forward stepping L,R,L

Release right hands on count 30 and rejoin in front, taking left hands over lady's head and behind man's back into hammerlock

WALK, WALK, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

33,34, 35&36 Walk forward R,L, Shuffle forward stepping R,L,R

37,38, 39&40 Rock forward on L, Recover onto R, Shuffle ½ turn left stepping L,R,L

Keeping hold of hands for the above, left hands now in front and right hands behind man's back in hammerlock

STEP, PIVOT ¼ TURN, CROSS SHUFFLE, ¼ TURN, ½ TURN, SHUFFLE FORWARD

41,42, 43&44 Step forward on R, Pivot ¼ turn left, Cross shuffle R over L stepping R,L,R

45,46, 47&48 Turn ¼ right step back on L, Turn ½ right step forward on R, Shuffle forward stepping L,R,L

Release right hands on count 42 and rejoin in Indian position, taking left hands over lady's head

Release left hands on count 45, rejoin in sweetheart position on count 47

MAN: WALK, WALK, SHUFFLE FORWARD, WALK, WALK, SHUFFLE FORWARD

LADY: WALK, WALK, SHUFFLE FORWARD, ½ TURN, ½ TURN, SHUFFLE FORWARD

49,50, 51&52 Walk forward R,L, Shuffle forward stepping R,L,R

53,54, 55&56 **MAN:** Walk forward L,R, Shuffle forward stepping L,R,L

LADY: Turn ½ right step back on L, Turn ½ right step forward on R, Shuffle forward stepping L,R,L

Release left hands on count 53, rejoin in sweetheart position on count 55

ROCK FORWARD, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT ¾ TURN, SIDE SHUFFLE

57,58, 59&60 Rock forward on R, Recover onto L, Shuffle ½ turn right stepping R,L,R

61,62, 63&64 Step forward on L, Pivot ¾ turn right, Left side shuffle stepping L,R,L

Release left hands on count 59, rejoin in Indian position on count 63

START AGAIN