

Not Your One Night Stand

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Tonnie Vos

Music: "Not Your One Night Stand" by Thilly Frank



www.country-stafke.be

Intro : 16 tellen

S1: Step fw, touch toe behind, shuffle bkw, rock bkw, recover, shuffle ½ turn left

1-2 RF step fw, LF touch toe behind rf
3&4 LF step bkw, RF beside lf, LF step bkw
5-6 RF rock backwards, recover on lf
7&8 RF ¼ turn left, LF beside rf, RF ¼ turn left step bkw

S2: Rock bkw, recover, shuffle ½ turn right, rock bkw, recover, kick ball change

1-2 LF rock bkw, recover on RF
3&4 LF ¼ turn right, RF beside lf, LF ¼ turn right
5-6 RF rock backwards, recover on lf
7&8 RF kick fw, RF step on ball of feet, change weight to LF

S3: Figure of 8

1-2-3-4 RF step right, LF cross behind rf, RF ¼ turn right, LF step fw, RF+LF ½ turn right, LF ¼ turn right,
5-6-7-8 RF cross behind lf, LF ¼ turn left

S4: Shuffle fw, step fw, ½ pivot right, shuffle fw, ¾ turn left

1&2 RF step fw, LF beside rf, RF step fw
3-4 LF step fw, LF + RF ½ turn right, LF step fw
5&6 LF step fw, RF beside lf, LF step fw
7-8 RF ½ turn left step bkw, LF ¼ turn left

S5: Crossrock, recover, chasse, cross, point, toe fw, point

1-2 RF rock across lf, recover on lf
3&4 RF step right, LF beside rf, RF step right
5-6-7-8 LF across rf, RF touch toe right, RF touch toe across lf, RF touch toe right

S6: Cross, point, cross, point, jazzbox

1-2-3-4 RF step across lf, LF touch toe left, LF step across rf, RF touch toe right
5-6-7-8 RF step across lf, LF step bkw, RF step right, LF across rf

S7: Chasse r, rock bkw, recover, chasse l, rock bkw, recover

1&2 RF step right, LF beside rf, RF step right
3-4 LF rock bkw, weight back on RF
5&6 LF step left, RF beside lf, LF step left
7-8 RF rock bkw, weight back on LF

S8: Step fw, ½ pivot left, shuffle fw, step fw, ½ pivot right, shuffle fw

1-2 RF step fw, RF+LF ½ turn left
3&4 RF step fw, LF beside rf, RF step fw
5-6 LF step fw, LF+RF ½ turn right
7&8 LF step fw, RF beside lf, LF step fw

Start Again