



Approved by:

Sandra

Just One For The Road

4 WALL – 64 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 – 4 5 – 6 7 – 8	1/4, Behind, 1/4, Hold (x 2) Turn 1/4 left stepping right to side. Cross left behind right. Turn 1/4 right stepping right forward. Hold. Turn 1/4 right stepping left to side. Cross right behind left. Turn 1/4 left stepping left forward. Hold.	Quarter Behind Quarter Hold Quarter Behind Quarter Hold	Turning left Turning right Turning left
Section 2 1 – 2 3 – 4 5 – 6 7 – 8	Forward Rock, Back Strut x 3 Rock forward on right. Recover onto left. Step right toe back. Drop right heel taking weight. Step left toe back. Drop left heel taking weight. Step right toe back. Drop right heel taking weight.	Rock Forward Back Strut Back Strut Back Strut	On the spot Back
Section 3 1 – 4 5 – 8	Coaster Step, Hold, Forward Lock Step, Hold Step left back. Step right beside left. Step left forward. Hold. Step right forward. Lock left behind right. Step right forward. Hold.	Coaster Step Hold Left Lock Left Hold	On the spot Forward
Section 4 1 – 2 Restart 3 – 4 5 – 6 7 – 8	Step, Pivot 1/4, Weave With Hold Step left forward. Pivot 1/4 turn right. Walls 3 and 6: Step left beside right then Restart dance from the beginning. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Cross left over right. Hold.	Step Pivot Cross Side Behind Side Cross Hold	Turning right Right
Section 5 1 – 2 3 – 4 5 – 6 7 – 8	Side Touch x 2, Monterey 1/2 Turn Step right to right side. Touch left beside right. Step left to left side. Touch right beside left. Point right to right side. Turn 1/2 right stepping right beside left. Point left to left side. Step left beside right.	Side Touch Side Touch Point Turn Point Together	Right Left Turning right On the spot
Section 6 1 – 8	Side Touch x 2, Monterey 1/2 Turn Repeat the 8 counts above (section 5).		
Section 7 1 – 2 3 – 4 5 – 6 7 – 8	Cross Rock, Side, Hold (x 2) Cross rock right over left. Recover onto left. Step right to right side. Hold. Cross rock left over right. Recover onto right. Step left to left side. Hold.	Cross Rock Side Hold Cross Rock Side Hold	On the spot Right On the spot Left
Section 8 1 – 2 3 – 4 5 – 6 7 – 8	Toe Heel Stomp (x 2) Touch right toe beside left. Touch right heel beside left. Stomp right forward. Hold. Touch left toe beside right. Touch left heel beside right. Stomp left forward. Hold.	Toe Heel Stomp Hold Toe Heel Stomp Hold	On the spot Forward On the spot Forward

Choreographed by: Sandra Speck (UK) March 2013

Choreographed to: 'One For The Road' by Nathan Carter (187 bpm) from CD Time Of My Life; download available from iTunes (20 count intro - start on word Havin' ...)

Restarts: Two Restarts, both at count 27, during Walls 3 and 6



A video clip of this dance is available at www.linedancermagazine.com