

Note to Self!

Count: 48

Wall: 4

Level: Improver

Choreographer: Marianne van der Toorn Vrijthoff (NL) - September 2026

Music: Note To Self - Douwe Bob



Intro: 16 counts (aprox 14 sec)

SEC 1: SWAY, SWAY, CHASSE-R, CROSS ROCK, RECOVER, CHASSE 1/4-L

- 1-2 RF. sway to R-side – LF. sway to L-side
- 3&4 RF. step to R-side - LF. step together – RF. step to R-side
- 5-6 LF. rock across RF – RF. recover
- 7&8 LF. step to L-side - RF. step together – LF. 1/4 turn left, step fwd (9.00)

SEC 2: DIAGONAL STEP-LOCK-STEP R, DIAGONAL STEP-LOCK-STEP L, PIVOT 1/2-L, FULL TURN

- 1-2& RF. step diagonal R-fwd – LF. lock behind RF – RF. step diagonal R-fwd
- 3-4& LF. step diagonal L-fwd – RF. lock behind LF - LF. step diagonal L-fwd
- 5-6 RF. step fwd – LF. 1/2 turn left (3.00)
- 7-8 RF. 1/2 turn left – LF. 1/2 turn left (3.00)

SEC 3: ROCK FWD, RECOVER, COASTER STEP, STEP FWD, 1/4 TURN-R, CROSS SHUFFLE

- 1-2 RF. rock fwd – LF. recover
- 3&4 RF. step back – LF. step together – RF. step fwd
- 5-6 LF. step fwd – RF. 1/4 turn R (6.00)
- 7&8 LF. cross over RF – RF. step to R-side – LF. cross over RF

SEC 4: SYNCOPATED SIDE ROCK R-L, PIVOT 1/2-L, WALK R-L

- 1-2& RF. rock to R-side – LF. recover – RF. step next to LF
- 3-4& LF. rock to L-side - RF. recover – LF. step next to RF
- 5-6 RF. step fwd - LF. 1/2 turn Left (12.00)
- 7-8 RF. walk fwd – LF. walk fwd

SEC 5: ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE FWD

- 1-2 RF. rock fwd, LF. recover
- 3&4 RF. step back, LF. step together, RF. step back
- 5-6 LF. rock back, RF. recover
- 7&8 LF. step fwd, RF. step together, LF. step fwd

SEC 6: STEP FWD-R, STEP FWD-L, 1/4 TURN-R, STEP FWD, 1/4 TURN-R, STEP FWD, 1/4 TURN-R, L-COASTER STEP

- &1-2 RF. step fwd (&), LF. step fwd – RF. 1/4 turn R (3.00)
- 3-4 LF. step fwd – RF. 1/4 turn R (6.00)
- 5-6 LF. step fwd – RF. 1/4 turn R (9.00)
- 7&8 LF. step back – RF. step together – LF. step fwd (9.00)

TAG: END OF WALL 2: ROCKING CHAIR

- 1-2-3-4 RF. rock fwd – LF. recover – RF. rock back – LF. recover (6.00)

RESTART WALL 3: after 32 counts (6.00)

RESTART+ WALL 5: after 16 counts you ad :ROCK FWD, RECOVER

- 1-2 RF. rock fwd – LF. recover (6.00)

ENDING: after 20 counts (coaster step), make a 1/2 turn right to end at (12.00)

