|  |  |
| --- | --- |
| For A Second |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | High Beginner | . |
| **Choreographer:** | Sonja Vocke (DE) - September 2020 |
| **Music:** | For a Second - Michael Schulte |
| . |

**\*\*2 Restarts: after 16 counts on wall 3 and 9,**

**\*1 Tag: 4 counts - at the end of wall 13**

**Intro: after 16 counts, starting with vocals, start with RF**

**Section 1 [1-8] Step Lock Step, Touch, Step Lock Step, Touch**

|  |  |
| --- | --- |
| 1-2 | step RF fwrd. (1), lock LF behind RF (2) |

|  |  |
| --- | --- |
| 3-4 | step RF fwrd. (3), touch LF next to RF (4) |

|  |  |
| --- | --- |
| 5-6 | step LF fwrd. (5), lock RF behind LF (6) |

|  |  |
| --- | --- |
| 7-8 | step LF fwrd. (7), touch RF next to LF (8) |

**Section 2 [9-16] Rocking Chair, Heal, Toe, Point, Hitch**

|  |  |
| --- | --- |
| 1-2 | rock RF fwrd. (1), recover on LF (2) |

|  |  |
| --- | --- |
| 3-4 | rock back RF (3), recover on LF (4) |

|  |  |
| --- | --- |
| 5-6 | touch right heal fwrd. (5), touch rigth toe back (6) |

|  |  |
| --- | --- |
| 7-8 | point right toe to right (7), hitch right knee up (8) |

**Restart the dance here in wall 3 (6:00) and wall 9 (9:00)**

**(you can hear it in the music, when it gets to the refrain)**

**Section 3 [17-24] Grapevine Right, Cross, Step ½ Turn L, Step ½ Turn L**

|  |  |
| --- | --- |
| 1-2 | step RF right (1), step LF behind (2) |

|  |  |
| --- | --- |
| 3-4 | step RF right (3), cross LF over RF (4) |

|  |  |
| --- | --- |
| 5-6 | step RF fwrd. (5), turn ½ left on LF (6) 6:00 |

|  |  |
| --- | --- |
| 7-8 | step RF fwrd. (7), turn ½ left on LF (8) 12:00 |

**Section 4 [25-32] Jazz Box ¼ Turn R, Cross, Step, Touch, Step, Touch**

|  |  |
| --- | --- |
| 1-2 | cross RF over LF (1), step LF back (2) |

|  |  |
| --- | --- |
| 3-4 | step RF right turning ¼ right (3) 3:00, cross LF over RF (4) |

|  |  |
| --- | --- |
| 5-6 | step RF right (5), touch LF next to RF (6) |

|  |  |
| --- | --- |
| 7-8 | step LF left (7), touch RF next to LF (8) |

**Easy 4-count-Tag at the end of wall 13 (9:00)**

**Stomp Out and hold for 3 counts, then start again**

|  |  |
| --- | --- |
| 1-2 | stomp RF out (1), hold (2) |

|  |  |
| --- | --- |
| 3-4 | hold (3), hold (4) |

**During holds change weight to LF, so you can start again with RF**

**Dance it and you will have fun every single second!**

**All kind of feedback is welcome! Write to: s.vocke@gmx.net**

**Last Update: 16 Jan 2023**