Second Wind

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Kevin Smith (AUS) & Maria Smith (AUS)
Music: Second Wind - Darryl Worley

PIVOT ½ TURN, REPEAT, ROCK FORWARD, BACK, FULL TURN, BACK

1-2-3-4	Step right forward, pivot ½ turn left, repeat pivot turn
5-6-7&8	Rock forward right, rock back left, ½ turn over right shoulder into right, ½ turn right & step back left, step back right

ROCK BACK, FORWARD, STEP LOCK & PIVOT ¼, CROSS SHUFFLE

1-2-3-4	Rock back left, forward right, step left forward, lock right behind left
&5-6-7&8	Step left next to right, step forward right, ¼ pivot turn left, cross shuffle right over left

HIP SWAYS, STEP BACK, KICK TWICE

1-2-3-4	Step/rock left to side swaying hips left, repeat hips sways right-left-right
5-6-7-8	Step back left, kick right forward, step back right, kick left forward

& STEP TOGETHER, ROCKING CHAIR, PIVOT ½ TURN, ROCK & CROSS

&1-2-3-4	Step left next to right, rock forward right, back left, rock back right, forward left
5-6-7&8	Step right forward, pivot ½ turn left, rock right to side, step left in place, cross/step right over left

STEP SIDE TOGETHER, ¼ LEFT CHA-CHA, CROSS OVER, ½ TURN SHUFFLE

1-2-3&4	Step left to side, step right next to left, ¼ turn left cha-cha in place left-right-left
5-6-7&8	Cross/step right over left, step back left, ½ turn right shuffle forward right-left-right

½ TURN SHUFFLE, ROCK BACK FORWARD, FULL TURN FORWARD, PIVOT ½ TURN

1&2-3-4	½ turn over right shoulder shuffle back left-right-left, rock back right, forward left
5-6-7-8	Step forward right starting full turn forward over left shoulder, complete turn forward on left, step forward right, pivot ½ turn left

HEEL BALL CROSS, SAMBA FORWARD, REPEAT OTHER SIDE

1&2-3&4	Touch right heel to side, step right next to left, cross/step left over right, rock/step right to side, replace weight on left, step right forward (samba step traveling forward)
5&6-7&8	Repeat heel ball cross & samba on left side

ROCK ½ TURN, HEEL, TOE, HEEL, TOE, ¼ PIVOT TURN

1&2-3&4	Rock forward right, step to left, ½ turn right onto right, tap left heel forward, step left in place, touch right toe back
5&6&7-8	Tap right heel forward, step right in place, touch left toe back, step left on place, step forward right, ¼ pivot left

REPEAT

RESTART

Restart on wall 5 after 32 counts. Dance to count 30. Instead of rock cross, do the following:

31-32	Step right forward, ¼ pivot turn to front wall

Restart the dance