# Take a Second



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Neville Fitzgerald (UK), Julie Harris (UK) & Rhoda Lai (CAN) - September 2017

音乐: First Things First - Pentatonix



#### Start 16 Counts

S1: Rock Recover	. Ball Step U	Jp. Down.	Out Out.	In Cross.	Side '	Touch, Drag.

1-2 Rock forward on Left, Recover back on Right.&3 Step Left next to Right, step forward on Right.

&4 Lift both heels Up, replace both heels.

&5&6 Step Right out to Right side, step Left out to Left side, step Right in place, cross step Left

over Right.

&7-8 Step Right to Right side, touch Left next to Right, step Left to side as you drag right heel (toe

up) towards Left.

#### S2: Behind Side Forward, Step. 1/2 Pivot, Step. Step Touch, Back, Touch, Drag.

1&2 Cross step Right behind Left, step Left to Left side, step forward on Right.

3-4 Step forward on Left, make 1/2 pivot Right. (6.00)

5 Step forward on Left.

6&7& Step Right to Right diagonal, touch Left next to Right, step Left back in place, touch Right

next to Left.

8 Step large step back on Right as you drag Left heel toward Right.

# S3: Coaster Step, Hitch, Toe Back, 1/4, Behind Side Cross, Side Together.

1&2 Step back on Left, step Right next to Left, step forward on Left.

3-4-5 Hitch Right knee up, touch Right toe back, make 1/4 pivot turn to Right (keeping weight on

Left).(9.00)

6&7 Cross step Right behind Left, step Left to Left side, cross step Right over Left.

&8 Step Left to Left side, step Right next to Left.

## S4: Step, Lock, Step, Lock, Step, Lock, Step, Mambo Step, Back, 1/2.

1&2& Step forward on Left, lock Right behind Left, step forward on Left, lock Right behind Left.

Step forward on Left, lock Right behind Left, step forward on Left.Rock forward on Right, recover on Left, step back on Right.

7-8 Step back on Left, make 1/2 turn to Right stepping forward on Right. \*R\* (3.00)

#### S5: Side, Hold, Ball Side, Cross, & Together, Cross, 1/4, 1/4, Step Lock.

1-2 Step to Left side, Hold.

&3-4 Step Right next to Left, step Left to Left side, cross step Right over Left.

&5 Step Left to Left side (facing slightly towards 4.30 corner) step Right next to Left (pushing

bum slightly back)

6-7 Cross step Left over Right, make 1/4 turn to Left stepping back on Right. (12.00)

8&1 Make 1/4 turn to Left stepping forward on Left, step forward on Right, lock Left behind Right

popping Right knee forward. (9.00)

### S6: Step, Mambo Step, Toe, 1/2, Walk, Walk.

2 Step forward on Right.

Rock forward on Left, recover back on Right, step back on Left.

5-6 Touch Right toe back, make 1/2 turn to Right stepping down on Right. (3.00)

7-8 Walk forward L-R.

## Restart Walls 2 & 4

Dance Up To and Including Count 32 of Section 4 then Begin Dance Again.

Ending: Dance Up to and including Count 47, take a pivot ½ Right to face back to 12:00.

Contacts:ndamienn69@outlook.com milliebaby2002@yahoo.co.uk rhoda\_eddie@yahoo.ca