

For A Second

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sonja Vocke (DE) - September 2020
音乐: 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 fwd. (1), lock LF behind RF (2)
3-4 step RF fwd. (3), touch LF next to RF (4)
5-6 step LF fwd. (5), lock RF behind LF (6)
7-8 step LF fwd. (7), touch RF next to LF (8)

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

1-2 rock RF fwd. (1), recover on LF (2)
3-4 rock back RF (3), recover on LF (4)
5-6 touch right heal fwd. (5), touch right 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 fwd. (5), turn ½ left on LF (6) 6:00
7-8 step RF fwd. (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