

# For A Second

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Sonja Vocke (DE) - September 2020

Musik: 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](mailto:s.vocke@gmx.net)**

**Last Update: 16 Jan 2023**