

In A Second

Count: 38

Wand: 1

Ebene:

Choreograf/in: Thomas O'Dwyer (AUS)

Musik: One Day Left to Live - Sammy Kershaw



- 1&2 Step right across left, step left to left side, rock onto right turning $\frac{1}{4}$ turn right
3&4 Step left across right, right to right side, rock onto left
For the next 8 beats the shoulders should overturn to aid momentum
&5 Step right across left, step left to left side
& Turn a $\frac{1}{2}$ turn to right & step right to side
6 Turn a $\frac{1}{2}$ turn to right & step left to side
7 Rock onto right
& Turn a $\frac{1}{2}$ turn to left & step left to side
8 Turn a $\frac{1}{2}$ turn to left & step right to side
- 1 Rock onto left
& Turn a $\frac{1}{2}$ turn to right & step right to side
2 Turn a $\frac{1}{2}$ turn to right & step left to side
&3 Step right slightly back, step left across right
& Turn a $\frac{1}{4}$ turn to left & step right back
4 Turn a $\frac{1}{2}$ turn to left & step left forward
5-6 Step right forward, rock back onto left
& Turn a $\frac{1}{2}$ turn to right & step right forward
7 Turn a $\frac{1}{2}$ turn to right & step left back
8 Drag right foot together & change weight to right & pop left knee
- 1&2 Step left forward, right together, step left back
& Turn a $\frac{1}{2}$ turn to right & step right forward
3-4 Step left forward, rock back onto right
& Turn a $\frac{1}{2}$ turn to left & step left together
5&6 Step right forward, left together, step right back
& Turn a $\frac{1}{2}$ turn to left & step left forward
7-8 Step right forward, rock back onto left
- & Turn a $\frac{1}{4}$ turn to right & step right forward 45 degrees
1& Step left slightly forward, right together
2 Step left to side & turn a $\frac{1}{2}$ turn to left
& Step right to side & turn a $\frac{3}{4}$ turn to left
3-4 Step left forward, rock back onto right
The & before the 1 count is a $\frac{1}{4}$ turn only. Do not turn into the step 45 degrees. The $1\frac{1}{4}$ turn on counts 2& travels slightly left and should be done on the balls of the feet
5&6& Shuffle back left-right-left, turn a $\frac{3}{4}$ turn to right
7&8 Shuffle forward right-left-right
- 1& Step left to side, step right slightly back
2 Step left across right
3& Step right to side, step left slightly back
4 Step right across left
5 Point left toe to side
6 Step onto left foot in place & turn a $\frac{3}{4}$ turn to left

REPEAT

TAG

Performed once only at the end of the 2nd repetition

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| 1-2 | Hold, flick right toe to 45 degrees |
| 3&4 | Step right across left, step left to side, rock onto right |
| 5&6 | Step left across right, step right to side, rock onto left |
| &7 | Step right across left, point left toe to side |
| 8 | Step onto left foot in place & turn a full turn to left |
| 9-10 | Hold, flick right toe to 45 degrees |
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