

# In A Second

Compte: 38

Mur: 1

Niveau:

Chorégraphe: Thomas O'Dwyer (AUS)

Musique: 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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