

# Take a Second

拍数: 48                      墙数: 4                      级数: Intermediate  
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音乐: First Things First - Pentatonix



## Start 16 Counts

### S1: Rock Recover, Ball Step Up, 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.  
3&4                      Step forward on Left, lock Right behind Left, step forward on Left.  
5&6                      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.  
3&4                      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.

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