

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 $\frac{1}{2}$ Right to face back to 12:00.

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