

Every Second

拍数: 68 墙数: 2 级数: Beginner
编舞者: Yvonne Krause (USA) - June 2020
音乐: Every Second - Collin Raye



#20 Count Intro – 1 Restart – During the third time around after 20 counts.

[1-8] LOCK STEPS RIGHT & LEFT

1-4 Step forward on right, lock left behind right, step forward on right and hold.
5-8 Step forward on left, lock right behind left, step forward on left and hold.

[9-16] MAMBO FORWARD & BACK

1-4 Rock forward on right, recover onto left, step right next to left.
5-8 Rock back on left, recover onto right, step left next to right.

[17-24] MONTEREY ¼ TURN, SCISSOR STEP

1-2 Touch right foot to right side, on ball of left pivot ¼ right and step down on right. (3:00)
3-4 Point left to left side, step left next to right.
5-8 Rock right out to side, recover onto left, cross right over left and hold.

RESTART: AFTER THE MONTEREY YOU WILL BE FACING 3:00. RESTART THE DANCE

[25-32] SCISSOR STEP W/WEAVE & 1/4 TURN RIGHT

1-4 Rock left to left side, recover onto right, cross left over right, step right to side.
5-8 Step left behind right, step right to right side, cross left over right, step ¼ turn right. (6:00)

[33-40] STEP TOUCH, STEP KICK, COASTER STEP

1-4 Step forward on left, touch right beside left, step back on right, kick left foot forward.
5-8 Step back on left, step right next to left, step forward on left and hold.

[41-48] HEEL TOGETHER RIGHT & LEFT, STEP TOGETHER STEP

1-4 Touch right heel forward, step right next to left, repeat on left.
5-8 Step forward on right, step left next to right, step forward on right and hold.

[49-56] HEEL TOGETHER LEFT & RIGHT, STEP TOGETHER STEP

1-4 Touch left heel forward, step left next to right, repeat on right.
5-8 Step forward on left, step right next to left, step forward on left and hold.

[57-68] K-STEP, HIP BUMPS

1-2 On the diagonal step forward on right, touch left next to right.
3-4 Step back on left, touch right next to left.
5-8 Step back on right, touch left next to right, step forward on left, touch right next to left.
9-12 Four hip bumps right, left, right, left.

Note: Rather than add numerous tags to this dance and in order to stay in phrase with the music, I have incorporated extra steps at the end of the dance. The last steps have an additional four counts added making it a 68 count dance.