

Second Step

拍数: 0 墙数: 3 级数: Improver
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音乐: Every Second, Every Minute - George Moody And The Country Squires



Sequence: ABABA, ABABA, ABABA. The sequence is easy to remember. Every time that you are facing the front and have just done the rock steps (forward, back, side, back) then start the dance from the beginning again. The dance can also be adapted to fit any 32 count music by dropping the final 4 counts and dancing straight through as ABABABAB.

PART A

WALK, WALK, SHUFFLE, STEP, ¼ TURN, STEP, ¼ TURN

- 1-2 Walk forward right, left
- 3&4 Right forward shuffle (right forward, left close to right, right forward)
- 5 Left step forward
- 6 Pivot ¼ turn right (weight on right)
- 7 Left step forward
- 8 Pivot ¼ turn right (weight on right)

WALK, WALK, SHUFFLE, ROCKING CHAIR

- 9-10 Walk forward left, right
- 11&12 Left forward shuffle (left forward, right close to left, left forward)
- 13 Rock forward on to right
- 14 Recover weight back on to left
- 15 Rock back on to right
- 16 Recover weight forward on to left

SIDE ROCK, RECOVER, BACK ROCK, RECOVER

- 17 Rock right out to right side
- 18 Recover weight back on to left
- 19 Rock back on to right
- 20 Recover weight forward on to left

PART B

POINT, HITCH TURN, POINT, TOUCH

- 1 Point right toe out to right side
- 2 Hitch right knee pivoting ¼ turn left on left
- 3 Point right toe out to right side
- 4 Touch right toe beside left

HEEL STRUTS TWICE, JAZZ BOX

- 5 Step forward on right heel
- 6 Snap right toes to floor
- 7 Step forward on left heel
- 8 Snap left toes to floor
- 9 Cross right in front of left
- 10 Step back on left
- 11 Right step to right side
- 12 Left close beside right

HEEL STRUTS TWICE, JAZZ BOX

- 13 Step forward on right heel

- 14 Snap toes to floor
- 15 Step forward on left heel
- 16 Snap toes to floor
- 17 Cross right in front of left
- 18 Step back on left
- 19 Right step to right side
- 20 Left close beside right

STEP, TOUCH/CLAP FORWARD AND BACK ON DIAGONALS

- 21 Step right forward on right diagonal
- 22 Touch left toe beside right and clap
- 23 Step left forward on left diagonal
- 24 Touch right toe beside left and clap
- 25 Step right back on back right diagonal
- 26 Touch left toe beside right and clap
- 27 Step left back, squaring up to wall
- 28 Touch right toe beside left and clap

VINE RIGHT, TOUCH SIDE, FRONT, SIDE, BACK

- 29 Right step to right side
- 30 Left cross behind right
- 31 Right step to right side
- 32 Left touch beside right
- 33 Touch left toe out to left side
- 34 Touch left toe across front of right
- 35 Touch left toe out to left side
- 36 Touch left toe behind right

VINE LEFT, POINT SIDE, FRONT, SIDE, BACK

- 37 Left step to left side
- 38 Right cross behind left
- 39 Left step to left side
- 40 Right touch beside left
- 41 Touch right toe out to right side
- 42 Touch right toe across front of left
- 43 Touch right toe out to right side
- 44 Touch right toe behind left

STEP, ½ PIVOT, STEP, ½ PIVOT

- 45 Right step forward
- 46 Pivot ½ turn left (weight on left)
- 47 Right step forward
- 48 Pivot ½ turn left (weight on left)

END OF PART B

After last A there are 4 counts left. So finish the dance with the following:

- 1 Point right toe out to right side
 - 2 Hitch right knee pivoting ¼ turn left on left
 - 3 Point right toe out to right side
 - 4 Keeping toe pointed to side turn head sharp right to look forward and hold
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