

The Second Time Around

拍数: 64 墙数: 2 级数: Improver
编舞者: Carol Mckee (AUS)
音乐: It Hurts Me More The Second Time Around - The Insiders



SIDE, BEHIND, SIDE, ACROSS, SIDE, ROCK, BEHIND, ROCK

1-2-3-4 Step right to right side, step left behind right, step right to right side, step left across right
5-6-7-8 Step right to right side, rock onto left, step right behind left, rock onto left

SIDE, ROCK, CROSS SHUFFLE, SIDE, BEHIND, ¼ TURN, SCUFF

1-2-3&4 Step right to right side, rock onto left, cross shuffle: right-left-right
5-6-7-8 Step left to left, step right behind left, turning ¼ turn left step forward left, scuff right

ROCKING CHAIR, PADDLE TURN, PIVOT TURN

1-2-3-4 Step right forward, rock back onto left, step right back, rock forward onto left
5-6 Step right forward, turning ¼ turn left, take weight onto left
7-8 Pivot: step right forward, turn ½ turn left take weight onto left

FORWARD, ROCK BACK, ½ TURN, HOLD, FULL TURN, TOUCH

1-2 Step right forward, rock back onto left
3-4 Turn ½ turn right step forward onto right, hold
5-6-7-8 Turning full turn right step left-right-left, touch right next to left

SIDE, ROCK, CROSS SHUFFLE, SIDE, ROCK, CROSS SHUFFLE

1-2-3&4 Step right to right side, rock onto left, cross shuffle: right-left-right
5-6-7&8 Step left to left side, rock onto right, cross shuffle: left-right-left

FORWARD, ROCK BACK, ½ TURN, HOLD, FULL TURN, TOUCH

1-2 Step right forward, rock back onto left
3-4 Turn ½ turn right step forward onto right, hold
5-6-7-8 Turning full turn right step left-right-left, touch right next to left

FORWARD, TOUCH, BACK, TOUCH, BACK, TOUCH, FORWARD, TOUCH

1-2 Step right forward, touch left toe behind right
3-4 Step left back, touch right toe next to left
5-6 Step right back, touch left toe across in front of right
7-8 Step left forward, touch right toe next to left

TWO ¼ MONTEREY TURNS

1-2 Touch right to right side, turn ¼ turn right on ball of left stepping right next to left
3-4 Touch left to left side, step left next to right
5-6 Touch right to right side, turn ¼ turn right on ball of left stepping right next to left
7-8 Touch left to left side, step left next to right

REPEAT