

# In A Second

拍数: 38      墙数: 1      级数:  
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音乐: One Day Left to Live - Sammy Kershaw



1&2      Step right across left, step left to left side, rock onto right turning  $\frac{1}{4}$  turn right

3&4      Step left across right, right to right side, rock onto left

**For the next 8 beats the shoulders should overturn to aid momentum**

&5      Step right across left, step left to left side

&      Turn a  $\frac{1}{2}$  turn to right & step right to side

6      Turn a  $\frac{1}{2}$  turn to right & step left to side

7      Rock onto right

&      Turn a  $\frac{1}{2}$  turn to left & step left to side

8      Turn a  $\frac{1}{2}$  turn to left & step right to side

1      Rock onto left

&      Turn a  $\frac{1}{2}$  turn to right & step right to side

2      Turn a  $\frac{1}{2}$  turn to right & step left to side

&3      Step right slightly back, step left across right

&      Turn a  $\frac{1}{4}$  turn to left & step right back

4      Turn a  $\frac{1}{2}$  turn to left & step left forward

5-6      Step right forward, rock back onto left

&      Turn a  $\frac{1}{2}$  turn to right & step right forward

7      Turn a  $\frac{1}{2}$  turn to right & step left back

8      Drag right foot together & change weight to right & pop left knee

1&2      Step left forward, right together, step left back

&      Turn a  $\frac{1}{2}$  turn to right & step right forward

3-4      Step left forward, rock back onto right

&      Turn a  $\frac{1}{2}$  turn to left & step left together

5&6      Step right forward, left together, step right back

&      Turn a  $\frac{1}{2}$  turn to left & step left forward

7-8      Step right forward, rock back onto left

&      Turn a  $\frac{1}{4}$  turn to right & step right forward 45 degrees

1&      Step left slightly forward, right together

2      Step left to side & turn a  $\frac{1}{2}$  turn to left

&      Step right to side & turn a  $\frac{3}{4}$  turn to left

3-4      Step left forward, rock back onto right

**The & before the 1 count is a  $\frac{1}{4}$  turn only. Do not turn into the step 45 degrees. The  $1\frac{1}{4}$  turn on counts 2& travels slightly left and should be done on the balls of the feet**

5&6&      Shuffle back left-right-left, turn a  $\frac{3}{4}$  turn to right

7&8      Shuffle forward right-left-right

1&      Step left to side, step right slightly back

2      Step left across right

3&      Step right to side, step left slightly back

4      Step right across left

5      Point left toe to side

6      Step onto left foot in place & turn a  $\frac{3}{4}$  turn to left

## REPEAT

### TAG

**Performed once only at the end of the 2nd repetition**

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|------|--|
| 1-2  | Hold, flick right toe to 45 degrees                        |
| 3&4  | Step right across left, step left to side, rock onto right |
| 5&6  | Step left across right, step right to side, rock onto left |
| &7   | Step right across left, point left toe to side             |
| 8    | Step onto left foot in place & turn a full turn to left    |
| 9-10 | Hold, flick right toe to 45 degrees                        |
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