

Second To None

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Alison Johnstone (AUS) & Wanda Heldt (AUS) - January 2010
音乐: Friday Night Cowgirl - Wenche



Start: On the lyrics (16 counts in)

Restarts: 1 during wall 2 (9.00) and during wall 5 (3.00) Easy restarts see sheet Section 4 [7-8]

(1-8) KICK BALL STEP, HIP BUMPS, KICK BALL STEP, HIP BUMPS (12.00)

1&2 Kick Right forward, step on Right (&), Step Left to side
3&4 Bump hips Left, Right (&), Left
5&6 Kick Right forward, step on Right (&), Step Left to side
7&8 Bump hips Left, Right (&), Left

(9-16) SIDE, BEHIND, BALL, CROSS, UNWIND ½ RT, SIDE, BEHIND, SHUFFLE ¼ RT (9.00)

1-20& Step Right, Step Left behind, Step Right to side (&)
3-4 Cross Left over Right, Unwind ½ turn Right (weight ends on Left) (6:00)
5-6 Step Right, Step Left behind Right,
7&8 Right ¼ Turn Shuffle (Right, Left, Right)

(17-24) ROCK, RECOVER, SHUFFLE BACK, BACK TOE STRUTS (9.00)

1-2 Rock forward Left, Recover on Right
3&4 Left Shuffle back (Left, Right, Left)
5-6 Right Toe Back, Replace heel (snap fingers) **
7-8 Left toe back, Replace heel (snap fingers)

(25-32) ROCK BACK, RECOVER, FULL SPIN LEFT, ROCK RECOVER, SAILOR ¼ RT (12.00)

1-2 Rock back on Right, Recover on Left
3-4 Full spin over Left shoulder stepping Right, Left (or walk, walk)
5-6 Rock forward on Right, Recover on Left ***
7-8 Step Right behind Left, Step Left ¼ turn Right, Step Right

***** On restart walls (2 & 5 facing 9.00 and 3.00) replace the above sailor step above with [7-8] Turn Right swaying Right, Sway Left - RESTART DANCE**

(33-40) LEFT DOROTHY, RIGHT DOROTHY, PIVOT ¼ RT, CROSS SHUFFLE (3.00)

1-2& Step Left diagonal forward, Step Right behind, Step Left diagonal forward (&)
3-4& Step Right diagonal forward, Step Left behind, Step Right diagonal forward (&)
5-6 Step Left forward, Pivot ¼ Right
7&8 Cross Left over Right, Step Right (&), Cross Left over Right

(41-48) STEP, BEHIND, SHUFFLE ¼ RT, PIVOT ½ RT, STEP. HOLD (12.00)

1-2 Step Right, Step Left behind Right,
3&4 Right ¼ Turn Shuffle (Right, Left, Right)
5-6 Step forward onto Left, Pivot ½ turn over Right
7-8 Step Left forward, Hold

(49-56) FULL SPIN LEFT, SHUFFLE FORWARD, PIVOT ¼ RT, CROSS SHUFFLE (3.00)

1-2 Full spin over Left shoulder stepping Right, Left (or walk, walk)
3&4 Shuffle forward Right, Left, Right
5-6 Step Left forward, Pivot ¼ Right
7&8 Cross Left over Right, Step Right (&), Cross Left over Right

(57-64) STEP ¼ LEFT, STEP ¼ LEFT, RIGHT HEEL JACK, LEFT HEEL JACK, OUT, OUT, HOLD (9.00)

1-2 Step Right $\frac{1}{4}$ Left, Step Left $\frac{1}{4}$ left, (9.00)
3&4 Cross Right over Left, Step on Left (&), Right heel fwd
&5&6 Step Right into Left (&), Cross Left over Right, Step on Right (&), Left heel fwd
&7-8 Step Left out (&), Step Right out, Hold

****Finish Dance: You will be facing 6.00 you will hear the music ending on count :-**

21-22 Right Toe Back $\frac{1}{4}$ turn over Right TA DA end of dance facing front

Have Fun In Life & In Dance Enjoy!

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