

Second Wind

拍數: 64 牆數: 2 級數: Intermediate
編舞者: A. J. Herbert (USA) & Scott Herbert (USA) - September 2008

音樂: You're Only Human (Second Wind) - Billy Joel : (Album: Greatest Hits Volume I & II)



Start on vocals

[1-8] WIZARD STEPS R-L, R ROCK-RECOVER, TRIPLE 1/2 RIGHT

1,2& R step forward diagonally right (1), L lock-step behind R (2), R step forward diagonally right (&)
3,4& L step forward diagonally left (3), R lock-step behind L (4), L step forward diagonally left (&)
5,6 R rock forward (5), L recover (6)
7&8 R step side 1/4 right (7) L step next to R (&) R step forward 1/4 right (8)

Easier option: (7) (&) (8) shuffle back

[9-16] L ROCK RECOVER, 1-1/2 LEFT TURN BACK, R ROCK-RECOVER, R STEP 1/4 RIGHT

1,2 L rock forward (1), R recover (2)
3,4 L step forward 1/2 left (3), R step back 1/2 left (4)
5,6 L step forward 1/2 left (5), R rock forward (6)
7,8 L recover (7), R step side 1/4 right (8) 3 O'CLOCK

Easier option: (1) (2) L back rock-recover, (3) (4) (5) walk forward L-R-L

[17-24] L CROSS ROCK, LEFT CHASSE, R CROSS ROCK, RIGHT CHASSE

1,2 L rock across R (1), R recover (2)
3&4 L step side left (3), R step next to L (&), L step side left (4)
5,6 R rock across L (5), L recover (6)
7&8 R step side right (7), L step next to R (&), R step side right (8)

[25-32] JAZZ BOX, OUT-OUT HOLD, IN-IN, HOLD

1,2 L step across R (1), R step back (2)
3,4 L step to left side (3), R step next to L (4)
&5,6 L step slightly to left side (&), R step slightly to right side (5), Hold (6)
&7,8 L step back to center (&), R touch next to L (7), Hold (8)

[33-40] RIGHT CHASSE, L ROCK-RECOVER, LEFT CHASSE, "ABOUT FACE"

1&2 R step side right (1), L step next to R (&), R step side right (2)
3,4 L rock behind R (3), R recover (4)
5&6 L step side left (5), R step next to L (&), L step side left (6)
7,8 R touch behind L (7), unwind 1/2 turn right shifting weight to R (8) 9 O'CLOCK

[41-48] POINT-CROSS FORWARD TWICE, POINT-CROSS BACK TWICE

1,2 L point left side (1), L step forward across R (2)
3,4 R point right side (3), R step forward across L (4)
5,6 L point left side (5), L step back across behind R (6)
7,8 R point right side (7), R step back across behind L (8)

[49-56] L ROCK-RECOVER, TRIPLE 1/2 RIGHT, R ROCK-RECOVER, TRIPLE 1/2 LEFT

1,2 L rock back (1), R recover (2)
3&4 L step side 1/4 right (3), R step beside L (&), L step back 1/4 right (4) 3 O'CLOCK
5,6 R rock back (5), L recover (6)
7&8 R step side 1/4 left (7), L step beside R (&), R step back 1/4 left (8) 9 O'CLOCK

Easier option: (3) (&) (4) L shuffle forward, (5) (6) R forward rock-recover, (7) (&) (8) R shuffle back

[57-64] L ROCK-RECOVER, L STEP, 3/4 SPIRAL RIGHT, OUT-OUT, HOLD, IN-IN, HOLD

1,2 L rock back (1), R recover (2)

3,4 L step forward (3), pivot 3/4 turn right (4) (R hold close across L ankle) 6 O'CLOCK

RESTART HERE WALL FIVE

&5,6 R step out slightly to right side (&), L step slightly to left side (5), Hold (6)

&7,8 R step back to center (&), L step beside R (7), Hold (8) (weight on L)

Easier option for spiral turn: (3) (&) (4) triple step turning 1/4 left

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