

# For A Second

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Sonja Vocke (DE) - September 2020  
音樂: For a Second - Michael Schulte



**\*\*2 Restarts: after 16 counts on wall 3 and 9,**  
**\*1 Tag: 4 counts - at the end of wall 13**  
**Intro: after 16 counts, starting with vocals, start with RF**

## Section 1 [1-8] Step Lock Step, Touch, Step Lock Step, Touch

1-2            step RF fwd. (1), lock LF behind RF (2)  
3-4            step RF fwd. (3), touch LF next to RF (4)  
5-6            step LF fwd. (5), lock RF behind LF (6)  
7-8            step LF fwd. (7), touch RF next to LF (8)

## Section 2 [9-16] Rocking Chair, Heal, Toe, Point, Hitch

1-2            rock RF fwd. (1), recover on LF (2)  
3-4            rock back RF (3), recover on LF (4)  
5-6            touch right heal fwd. (5), touch right toe back (6)  
7-8            point right toe to right (7), hitch right knee up (8)

**Restart the dance here in wall 3 (6:00) and wall 9 (9:00)**  
**(you can hear it in the music, when it gets to the refrain)**

## Section 3 [17-24] Grapevine Right, Cross, Step ½ Turn L, Step ½ Turn L

1-2            step RF right (1), step LF behind (2)  
3-4            step RF right (3), cross LF over RF (4)  
5-6            step RF fwd. (5), turn ½ left on LF (6) 6:00  
7-8            step RF fwd. (7), turn ½ left on LF (8) 12:00

## Section 4 [25-32] Jazz Box ¼ Turn R, Cross, Step, Touch, Step, Touch

1-2            cross RF over LF (1), step LF back (2)  
3-4            step RF right turning ¼ right (3) 3:00, cross LF over RF (4)  
5-6            step RF right (5), touch LF next to RF (6)  
7-8            step LF left (7), touch RF next to LF (8)

## Easy 4-count-Tag at the end of wall 13 (9:00)

**Stomp Out and hold for 3 counts, then start again**

1-2            stomp RF out (1), hold (2)  
3-4            hold (3), hold (4)

**During holds change weight to LF, so you can start again with RF**

**Dance it and you will have fun every single second!**

**All kind of feedback is welcome! Write to: [s.vocke@gmx.net](mailto:s.vocke@gmx.net)**

**Last Update: 16 Jan 2023**