

Second Minute Hour

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Shane McKeever (N.IRE) - April 2024
音樂: SECOND MINUTE HOUR - JORDY



Intro: 16 Counts, Start at approx 7 secs

SEC 1 Walk x3, Shuffle, Rock, ¼ Side Shuffle

1-2-3 Step right forward, step left forward, step right forward
4&5 Step left forward, step right beside left, step left forward
6-7 Rock right forward, recover weight onto left
8&1 Turn ¼ right step right to right, step left beside right, step right to right (3:00)

SEC 2 Hold, Ball Side, Hold, Ball ¼ Step, Step, ⅜ Pivot, Mambo Together

2&3 Hold, step left beside right, step right to right
4&5 Hold, step left beside right, turn ¼ right step right forward (6:00)
6-7 Step left forward, pivot ⅜ right transferring weight on to right (10:30)
8&1 Rock left forward, recover weight onto right, step left beside right

SEC 3 ¾ Curving Walk Walk Shuffle x2

2-3 Turn ⅛ right step right forward, turn ⅛ right step left forward
4&5 Turn ⅛ right step right forward, step left beside right, step right forward (3:00)
6-7 Turn ⅛ right step left forward, turn ⅛ right step right forward (6:00)
8&1 Turn ⅛ right step left forward, step right beside left, step left forward (7:30)

SEC 4 Step, ½ Pivot, ½ Back Shuffle, Back Rock, Recover Sweep, ⅛ Step

2-3 Step right forward, pivot ½ left transferring weight on to left (1:30)
4&5 Turn ¼ left step right to right, step left beside right, turn ¼ left step right back (7:30)
6-7 Rock left back sitting on to left hip, recover weight onto right sweeping left from back to front
8 Turn ⅛ right step left forward (9:00)

Bridge Here on Wall 5, Add the following then continue the dance

1-2 Touch right forward rolling hips forward over 2 counts
3-4 Roll Hips back over 2 counts

SEC 5 Touch Hip Bumps, Back, Coaster Step, Step, ½ Pivot, Kick Out Out

1-2 Touch right forward bumping hips forward, bump hips forward
3 Step right back
4&5 Step left back, step right beside left, step left forward
6-7 Step right forward, pivot ½ left transferring weight on to left (3:00)
8&1 Kick right forward, step right to right, step left to left

SEC 6 Hip Bumps, Side Shuffle Slide, Hold, Ball ⅛ Step, Step

2-3 Bump hips right, bump hips left
4&5 Step right to right, step left beside right, step right to right sliding left towards right
6&7 Hold, step left beside right, turn ⅛ left step right forward, (1:30)
8 Step left forward

SEC 7 ⅛ Side, ⅛ Cross, ⅛ Side, ⅛ Cross, ⅛ Side, Back Rock, Side Shuffle

1-2 Turn ⅛ left step right to right, turn ⅛ left cross left over right (10:30)

Styling Roll hips back

3-4 Turn ⅛ left step right to right, turn ⅛ left cross left over right (7:30)

Styling Roll hips back

5-6-7 Turn $\frac{1}{8}$ left step right to right, rock left behind left, recover weight onto right (6:00)
8&1 Turn $\frac{1}{8}$ right step left to left, step right beside left, step left to left

SEC 8 Together, Together, Side, Together, Together, Step, Step, Full Spiral Turn, Step

2&3 Step right beside left, step left beside right, step right to right
4&5 Step left beside right, step right beside left, step left forward
6-7-8 Step right forward, spiral full turn left hooking left over right, step left forward (6:00)

Tag At the end of Wall 2

Rocking Chair

1-2 Rock right forward, recover weight onto left
3-4 Rock right back, recover weight onto left

Last Update: 12 May 2024
