

In A Second

拍數: 38 牆數: 1 級數:
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音樂: One Day Left to Live - Sammy Kershaw



1&2 Step right across left, step left to left side, rock onto right turning ¼ 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 ½ turn to right & step right to side

6 Turn a ½ turn to right & step left to side

7 Rock onto right

& Turn a ½ turn to left & step left to side

8 Turn a ½ turn to left & step right to side

1 Rock onto left

& Turn a ½ turn to right & step right to side

2 Turn a ½ turn to right & step left to side

&3 Step right slightly back, step left across right

& Turn a ¼ turn to left & step right back

4 Turn a ½ turn to left & step left forward

5-6 Step right forward, rock back onto left

& Turn a ½ turn to right & step right forward

7 Turn a ½ 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 ½ turn to right & step right forward

3-4 Step left forward, rock back onto right

& Turn a ½ turn to left & step left together

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

& Turn a ½ turn to left & step left forward

7-8 Step right forward, rock back onto left

& Turn a ¼ turn to right & step right forward 45 degrees

1& Step left slightly forward, right together

2 Step left to side & turn a ½ turn to left

& Step right to side & turn a ¾ turn to left

3-4 Step left forward, rock back onto right

The & before the 1 count is a ¼ turn only. Do not turn into the step 45 degrees. The 1&¼ 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 ¾ 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 ¾ turn to left

REPEAT

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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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