

# Second To None

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Alison Johnstone (AUS) & Wanda Heldt (AUS) - January 2010  
音樂: 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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