

# SECOND WIND

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Kevin & Maria Smith

**Music:** Second Wind by Darryl Worley

## **PIVOT ½ TURN, REPEAT, ROCK FORWARD, BACK, FULL TURN, BACK**

**1-2-3-4** Step right forward, pivot ½ turn left, repeat pivot turn

**5-6-7&8** Rock forward right, rock back left, ½ turn over right shoulder into right, ½ turn right & step back left, step back right

## **ROCK BACK, FORWARD, STEP LOCK & PIVOT ¼, CROSS SHUFFLE**

**1-2-3-4** Rock back left, forward right, step left forward, lock right behind left

**&5-6-7&8** Step left next to right, step forward right, ¼ pivot turn left, cross shuffle right over left

## **HIP SWAYS, STEP BACK, KICK TWICE**

**1-2-3-4** Step/rock left to side swaying hips left, repeat hips sways right-left-right

**5-6-7-8** Step back left, kick right forward, step back right, kick left forward

## **& STEP TOGETHER, ROCKING CHAIR, PIVOT ½ TURN, ROCK & CROSS**

**&1-2-3-4** Step left next to right, rock forward right, back left, rock back right, forward left

**5-6-7&8** Step right forward, pivot ½ turn left, rock right to side, step left in place, cross/step right over left

## **STEP SIDE TOGETHER, ¼ LEFT CHA-CHA, CROSS OVER, ½ TURN SHUFFLE**

**1-2-3&4** Step left to side, step right next to left, ¼ turn left cha-cha in place left-right-left

**5-6-7&8** Cross/step right over left, step back left, ½ turn right shuffle forward right-left-right

## **½ TURN SHUFFLE, ROCK BACK FORWARD, FULL TURN FORWARD, PIVOT ½ TURN**

**1&2-3-4½** turn over right shoulder shuffle back left-right-left, rock back right, forward left

**5-6-7-8** Step forward right starting full turn forward over left shoulder, complete turn forward on left, step forward right, pivot ½ turn left

## **HEEL BALL CROSS, SAMBA FORWARD, REPEAT OTHER SIDE**

**1&2-3&4** Touch right heel to side, step right next to left, cross/step left over right, rock/step right to side, replace weight on left, step right forward (samba step traveling forward)

**5&6-7&8** Repeat heel ball cross & samba on left side

**ROCK ½ TURN, HEEL, TOE, HEEL, TOE, ¼ PIVOT TURN**

**1&2-3&4** Rock forward right, step to left, ½ turn right onto right, tap left heel forward, step left in place, touch right toe back

**5&6&7-8** Tap right heel forward, step right in place, touch left toe back, step left on place, step forward right, ¼ pivot left

**REPEAT**

**RESTART**

**Restart on wall 5 after 32 counts. Dance to count 30. Instead of rock cross, do the following:**

**31-32** Step right forward, ¼ pivot turn to front wall

**Restart the dance**