

# SECOND WIND

**Description:** 64 count, 2 wall, Intermediate Line Dance

**Music:** "You're Only Human (Second Wind)" by Billy Joel

**Choreographed by:** A.J. and Scott Herbert, September, 2008 [step sheet updated October, 2010]

Video on YouTube at <http://www.youtube.com/watch?v=aSSq9v5oXbl>

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Start the dance 32 counts from the beginning of the track with the vocals.

## **1-8 WIZARD STEPS R-L, R ROCK-RECOVER, TRIPLE 1/2 RIGHT**

- 1,2& R step forward diagonally right (1), L lock-step behind R (2), R step forward diagonally right (&  
3,4& L step forward diagonally left (3), R lock-step behind L (4), L step forward diagonally left (&  
5,6 R step forward (5), L step back in place (6)  
7&8 Pivoting 1/2 right on L, R step forward R (7) L step next to R (&) R step forward (8)

## **9-16 L ROCK RECOVER, 1 1/2 L TURN BACK, R ROCK RECOVER 1/4 TURN R**

- 1,2 L step forward (1), R step back in place (2)  
3,4 Pivoting 1/2 left on R, L step forward (3), Pivoting 1/2 left on L, R step back (4)  
5,6 Pivoting 1/2 left on R, L step forward (5), R step forward (6)  
7,8 L step back in place (7), pivoting 1/4 right on L, R step to right side (8)

## **17-24 L CROSS ROCK, L CHASSE, R CROSS ROCK, R CHASSE**

- 1,2 L step across R (1), R step back in place (2)  
3&4 L step to left side (3), R step next to L (&), L step to left side (4)  
5,6 R step across L (5), L step back in place (6)  
7&8 R step to right side (7), L step next to R (&), R step to R side (8)

## **25-32 JAZZ BOX, OUT-OUT HOLD, IN-IN, HOLD**

- 1,2 L step across R (1), R step back (2)  
3,4 L step to left side (3), R step next to L (4)  
&5,6 L step slightly to left side (&), R step slightly to right side (5), Hold (6)  
&7,8 L step back to center (&), R touch next to L (7), Hold (8)

## **33-40 R SHUFFLE SIDE, L BEHIND ROCK, L SHUFFLE SIDE, "ABOUT FACE"**

- 1&2 R step to right side (1), L step next to R (&), R step to right side (2)  
3,4 L step slightly behind R (3), R step forward in place (4)  
5&6 L step to left side (5), R step next to L (&), L step to left side (6)  
7,8 R toe sweep around R side, place ball of R foot crossed tightly behind L (7), unwind 1/2 turn right, ending with weight on R (8).

## **41-48 FORWARD L TOUCH CROSS, R TOUCH CROSS, BACK L TOUCH CROSS BACK, R TOUCH, CROSS BACK**

- 1,2 L touch to left side (1), L step across in front of R (2)  
3,4 R touch to right side (3), R step across in front of L (4)  
5,6 L touch to left side (5), L step across behind R (6)  
7,8 R touch to right side (7), R step across behind L (8)

## **49-56 L ROCK BACK, RECOVER, R 1/2 SHUFFLE TURN, R ROCK BACK, RECOVER, L 1/2 SHUFFLE TURN**

- 1,2 L step back (1), R step down in place (2)  
3&4 L step back pivoting 1/2 right on R (3), R step beside L (&), L step back (4)  
5,6 R step back (5), L step down in place (6)  
7&8 R step back pivoting 1/2 left on L (7), L step beside R (&), R step back (8)

## **57-64 L ROCK BACK, RECOVER, R 3/4 SPIRAL PIVOT, OUT-OUT, HOLD, IN-IN, HOLD**

- 1,2 L step back (1), R step down in place (2)  
3,4 L step forward (3), pivot 3/4 turn right (4) (*with R held across L ankle*)  
&5,6 R step out to right side (&), L step to out to left side (5), Hold (6)  
&7,8 R step back to center (&), L step beside R (7), Hold (8) (*weight ends up on L*)