

# My First

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Kitty de Brouwer (NL)

Musik: World of Hurt - Ilse DeLange



## STEP SIDE, CHASSE RIGHT, STEP SIDE, CHASSE LEFT

- 1-2 Step right to right side, step left next to right  
3&4 Step right to right side & slide left beside right, step right  
5-6 Step left to left side, step right next to left  
7&8 Step left to left side & slide right beside left, step left

## ROCK STEP FORWARD, COASTER STEP, ROCK STEP FORWARD, COASTER STEP

- 9-10 Rock forward right, rock back left  
11&12 Step right back, & step left together, step right forward  
13-14 Rock forward left, rock back right  
15&16 Step left back, & step right together, step left forward

## ½ PIVOT TURN LEFT (2X), JIVE WALK, FORWARD HEEL

- 17-18 Step forward right, pivot ½ turn left  
19-20 Step forward right, pivot ½ turn left  
21-22 Right toe touch to right side, step right forward  
23-24 Left toe touch to left side, touch left heel in front

## CROSS BACK, CHASSE LEFT, CROSS BACK, SIDE SHUFFLE WITH ¼ TURN

- 25-26 Cross step left over right, right step back  
27&28 Step left to left side & slide right beside left, step left  
29-30 Cross step right over left, left step back  
31&32 Step right to right side, & step left next right, step right ¼ turn to right side

## SHUFFLE LEFT, ½ PIVOT TURN LEFT, SHUFFLE RIGHT, ¾ PIVOT TURN RIGHT

- 33&34 Step left forward, & step right next left, step left forward  
35-36 Step forward right, pivot ½ turn left  
37&38 Step right forward, & step left next right, step right forward  
39-40 Step left forward, pivot ¾ turn right on ball of right foot

## CHASSE LEFT, CROSS ROCK STEP BACK, CHASSE RIGHT, CROSS ROCK STEP BACK

- 41&42 Step left to left side & slide right beside left, step left  
43-44 Cross step right behind left, left step forward  
45&46 Step right to right side & slide left beside right, step right  
47-48 Cross step left behind right, right step forward

## HIP BUMPS LEFT, HIP BUMPS RIGHT

- 49-50 Step left diagonal forward with hips in front left, hips to the right  
51&52 Hips to the left, & hips to the right, hips to the left  
53-54 Step right diagonal forward with hips in front right, hips to the left  
55&56 Hips to the right, & hips to the left, hips to the right

## FULL TURN BODY ROLL WITH TOUCH

- 57-58 Step left forward, turn ¼ body roll to the right on ball of right foot  
59-60 Step left forward, turn ¼ body roll to the right on ball of right foot  
61-62 Step left forward, turn ¼ body roll to the right on ball of right foot

63-64

Step left forward, right toe touch beside left

**REPEAT**

---