

You're The First, My Last, My Everything

COPPER STEPSHEETS **KNOB**

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Val Saari (CAN) - September 2018

Music: You're the First, the Last, My Everything - Barry White



TOE/HEEL FORWARD X 4

1-4 Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel
5-8 Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel

TOE-STRUTS BACK X 2 (RL), SHUFFLE BACK RLR, LRL PIVOT 1/4 L

1-2 Touch RF toes back, Drop heel
3-4 Touch LF toes back, Drop heel
5&6 Shuffle back RLR
7&8 Shuffle back LRL Pivot 1/4 L

RF ROCKING CHAIR, MAMBO RIGHT

1-2 Rock RF forward, Recover Left
3-4 Rock RF back, Recover Left
5-6 RF Rock side right, LF recover
7-8 RF close together beside L & hold

LF ROCKING CHAIR, MAMBO LEFT

1-2 Rock LF forward, Recover Right
3-4 Rock LF back, Recover Right
5-6 LF Rock side left, RF recover
7-8 LF close together beside R & hold

REPEAT - No Tags, No Restarts

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