

# You're The First, My Last, My Everything

**COPPER** KNOB  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner

**Chorégraphe:** Val Saari (CAN) - September 2018

**Musique:** 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**

**Email:** [valeriesaari@icloud.com](mailto:valeriesaari@icloud.com) - **Phone:** 1-905-246-5027