

You Come First

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Adam Åstmar (SWE) & Jessica Wegmann (CH) - October 2018

Musique: You Come First (feat. Saweetie) - Zak Abel



Intro: 8 counts, starting on the word "only" (approx. 5 seconds).

Sect – 1: R Point, Touch, Side. L Rock Back. L Snake Roll. R Ball. L Side. R Touch Back. 1 / 4 Press.

- 1 & 2 (1) Point RF to the right. (&) Touch RF next to LF. (2) Step to the right on RF.
3 & 4 (3) Rock back on LF. (&) Recover on RF. (4) Step to the left on LF and start rolling upper body to the left.
5 & 6 (5) Finish rolling body to the left ending with weight on LF. (&) Ball step RF next to LF. (6) Step to the left on LF.
7 – 8 (7) Touch RF back. (8) Turn 1 / 4 to the right pressing on RF and prepping upper body to the right. {3:00}

Sect – 2: 1 / 4. 1 / 4. L Back /w Sweep. R Anchor Step. Back L, R /w Knee Pops. L Coaster Cross.

- 1 & 2 (1) Turn 1 / 4 to the left stepping forward on LF. (&) Turn 1 / 4 to the left stepping to the side on RF. (2) Step back on LF and sweep RF from front to back. {9:00}
3 & 4 (3) Step RF behind LF. (&) Step down on LF. (4) Step slightly back on RF.
5 – 6 (5) Step back on LF and pop R knee. (6) Step back on RF and pop L knee.
7 & 8 (7) Step back on LF. (&) Close RF next to LF. (8) Step forward on LF.

Sect – 3: R Scissor Step. L Scissor Step. 1 / 4 Paddle Turn x3. R Cross.

- 1 & 2 (1) Rock to the right on RF. (&) Recover on LF. (2) Cross RF over LF.
3 & 4 (3) Rock to the left on LF. (&) Recover on RF. (4) Step slightly forward on LF.
5 – 6 (5) Turn 1 / 4 to the left pointing RF to the right. (6) Turn 1 / 4 to the left pointing RF to the right. {3:00}
7 – 8 (7) Turn 1 / 4 to the left pointing RF to the right. (8) Cross RF over LF. {12:00}

Sect – 4: L Side Rock. L Ball. R Side Rock. R Behind. L Side. R Weave Left. R Touch.

- 1 – 2 & (1) Rock to the left on LF. (2) Recover on RF. (&) Ball step LF next to RF.
3 – 4 (3) Rock to the right on RF. (2) Recover on LF.
5 & 6 & (5) Step RF behind LF. (&) Step to the left on LF. (6) Cross RF over LF. (&) Step to the left on LF.
7 & 8 (7) Step RF behind LF. (&) Step to the left on LF. (8) Touch RF next to LF.

Sect – 5: R Side. Shimmy Shoulders & Going Down. Body Roll. L Ball. Walk Forward R, L.

- 1 (1) Step to the right on RF and start bending knees while doing *shimmy shoulders.
2 – 4 (2, 3, 4) Continue bending knees (not too far!) and doing shimmy shoulders.
5 – 6 & (5) Start body roll from hips straightening your body. (6) Finish body roll. (&) Ball step LF next to RF.
7 – 8 (7, 8) Walk forward on RF, LF.

*** Shimmy shoulders: R shoulder twists back and in place – L shoulder twists forward and back in place on counts 1-2- 3-4. ***

Sect – 6: Glide 1 / 4 Turn L x4. R Ball. L Side Rock. L Sailor 1 / 2 Cross.

- 1 – 2 (1) Glide to the right on RF and turn 1 / 4 to the left. (2) Glide to the left on LF and turn 1 / 4 to the left. {6:00}
3 – 4 & (3) Glide 1 / 4 to the right and turn 1 / 4 to the left. (4) Turn 1 / 4 to the left and glide to the left on LF. (&) Ball step RF next to LF. {12:00}
5 – 6 (5) Rock to the left on LF. (6) Recover on RF.

7 & 8 (7) Step LF slightly behind RF. (&) Turn 1 / 2 to the left stepping RF in place. (8) Cross LF over RF. {6:00}

- Restart occurs here at wall 2, 3, 5. -

Sect – 7: R Side. Shimmy Shoulders & Going Down. Body Roll. Hold. L Ball. Walk Forward R, L.

1 – 2 (1) Step to the right on RF and start bending knees while doing *shimmy shoulders.

3 – 4 (2, 3, 4) Continue bending knees (not too far!) and doing shimmy shoulders.

5 – 6 & (5) Start body roll from hips straightening your body. (6) Finish body roll. (&) Ball step LF next to RF.

7 – 8 (7, 8) Walk forward on RF, LF.

*** Shimmy shoulders: R shoulder twists back and in place – L shoulder twists forward and back in place on counts 1-2- 3-4. ***

Sect – 8: V Step /w Arms. R Out. L Out. R Ball. L Cross. R Snap Up & Down.

1 – 2 (1) Step diagonally forward on RF pushing hands from mouth and diagonally right up with palms facing out.(2) Step diagonally forward on LF pushing hands from mouth and diagonally left up with palms facing out.

3 – 4 (3) Step back on RF pushing hands from mouth and diagonally right up with palms facing out.(4) Close LF next to RF pushing hands from mouth and diagonally left up with palms facing out.

& 5 & 6 (&) Step to the right on RF. (5) Step to the left on LF. (&) Close RF next to LF. (6) Cross LF over RF.

7 & 8 (7) Bring R hand diagonally right up and snap fingers. (8) Bring R hand diagonally right down and snap fingers.

Ending: At the end of section 4 on wall 6 (count 7 & 8). R Behind. 1 / 4 L Forward. 1 / 4 R Side.

7 & 8 (7) Step RF behind LF. (&) Turn 1 / 4 to the left stepping forward on LF. (8) Turn 1 / 4 to the left stepping to the side on RF.

Have fun!
