

# The First

拍数: 64      墙数: 2      级数: Improver  
编舞者: Laurent Chalon (BEL) - January 2018  
音乐: Your One and Only - Jim Devine



Intro : 36 counts

## Section1: Kick, kick, Step back, hold, Slow Coaster Step, Scuff

- 1 RF Kick forward
- 2 RF Kick forward
- 3 RF Step back
- 4 Hold
- 5 LF Step Back
- 6 RF Next to LF
- 7 LF Step Forward
- 8 RF scuff

## Section 2: Jump Rock Cross, Side Step, Jump Rock cross, Side Step, Stomp Fwd, Stomp Fwd

- 1 RF+LF Rock cross RF forward LF + Hook LF
- 2 LF+RF Recover on LF + Kick RF
- 3 RF To the right
- 4 LF+RF Rock cross LF, forward RF + Hook RF
- 5 RF+LF Recover on RF + kick LF
- 6 LF To the left
- 7 RF Stomp forward
- 8 LF Stomp forward

## Section 3: Heel Fwd, Heel Fwd, Step back, hold, Slow Coaster Step, Scuff

- 1 RF Heel forward
- 2 RF Heel forward
- 3 RF Step back
- 4 Hold
- 5 LF Step Back
- 6 RF Next to LF
- 7 LF Step Forward
- 8 RF scuff

## Section 4: Rock Fwd 1/2 turn, Step, Hold, Step pivot 1/2 turn, Step, Scuff

- 1 RF Rock Forward
- 2 LF Recover on LF with 1/2 turn to the right
- 3 RF Forward
- 4 Hold
- 5 LF Step Forward
- 6 ½ turn to the right
- 7 LF Step forward
- 8 RF Scuff\*

\*Wall6: Tag 2

## Section 5: Vine, scuff, Side, Scuff, Side, Scuff

- 1 RF To the right
- 2 LF behind RF
- 3 RF To the right

- 4 LF scuff
- 5 LF To the left
- 6 RF scuff
- 7 RF To the right
- 8 LF scuff

**Section 6: Vine 1/4 turn, Hold, Step pivot 1/2 turn, Toe Strut 1/2 turn**

- 1 LF To the left
- 2 RF Behind LF
- 3 LF 1/4 turn to the left, step forward
- 4 Hold
- 5 RF Step Forward
- 6 1/2 turn to the left
- 7-8 RF Toe strut 1/2 turn to the left

**Section 7: Slow Sailor Step 1/4 turn, Hold, Rock Fwd, Step Fwd, Hold**

- 1-2-3 LF Sailor step 1/4 turn to the left
- 4 Hold
- 5 RF Rock forward
- 6 LF Recover
- 7 RF Back
- 8 Hold

**Section 8: Step Lock Step Back, Hold, Rock back + Kick, Stomp Fwd, Stomp Fwd**

- 1-2-3 LF Step Lock Step back
- 4 Hold
- 5 RF+LF Rock Back RF + Kick LF
- 6 LF Recover
- 7 RF Stomp forward
- 8 LF Stomp forward

**Tag n°1**

**At the end of walls 1, 3 and 5 (x2)**

**Tag 1 - Section 1: Rocking chair, Kick, Flick 1/2 turn, Kick, Flick**

- 1-2 RF Rock forward
- 3-4 RF Rock back
- 5 RF Kick
- 6 RF+LF 1/2 turn to the left, recover on RF + Flick LF
- 7 LF Kick
- 8 LF+RF Recover on LF + Flick RF

**Tag 1 - Section 2: Rocking chair, Kick, Flick 1/2 turn, Kick, Flick**

- 1-2 RF Rock forward
- 3-4 RF Rock back
- 5 RF Kick
- 6 RF+LF 1/2 turn to the left, recover on RF + Flick LF
- 7 LF Kick
- 8 LF+RF Recover on LF + Flick RF

**Tag n°2**

**Wall 6, after 32 counts**

**Tag 2: Side, Stomp up, Side, Stomp Up**

- 1 RF To the right
- 2 LF Stomp Up next to RF
- 3 LF The the left

4 RF Stomp Up next to LF  
**Restart after Tag**

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