

# My Everything (P)

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 0      级数: Partner  
编舞者: Nigel Payne (UK)  
音乐: You're the First, the Last, My Everything - Barry White



Position: Man facing OLOD. Lady facing ILOD. Double hand hold. Opposite footwork. Man's steps stated

## SIDE ROCK, CROSS SHUFFLE, ¾ TURN, SHUFFLE

1-2            Rock right out to right side, recover on left,  
3&4            Cross right over left, step left to left side, cross right over left

### Release both hands as you turn

5-6            Make ¼ turn right stepping back on left foot, on ball of left pivot ½ turn right stepping right foot forward,

### Lady turn ¾ left, both now facing LOD

#### Pick up inside hands

7&8            Step forward on left foot, step right beside left, step forward on left

## FULL TURN, SHUFFLE, ROCK-RECOVER, COASTER ¼ TURN

### Release hands on full turn, and pick up inside hands again after turn

9-10            Make a full turn left traveling forward stepping right, left, (lady turns right)  
11&12            Step forward on right, step left beside right, step forward on right,  
13-14            Rock forward on left foot, recover back on right

### Release hands as you make the ¼ turn

15&16            Step back on left foot, step right beside left, step left foot ¼ turn left

### Lady turn ¼ right, man now facing ILOD, lady facing OLOD

## STEP, PIVOT ½ TURN, SHUFFLE, WEAVE, SHUFFLE

17-18            Step forward on right foot, pivot ½ turn left, (lady turns ½ right)

### Now both facing each other, man facing OLOD lady facing ILOD

19&20            Step forward on right, step left beside right, step forward on right

### As you both shuffle forward you will pass right shoulder to right shoulder

21-22            **MAN:** Cross left over right, step right to right side  
**LADY:** Step right to right side, cross left over right

### On counts 21-22 you will pass back to back

23&24            Step back on left, step right beside left, step back on left foot

### As you both shuffle back you will pass left shoulder to left shoulder

## SIDE-ROCK RECOVER WITH ¼ TURN, SHUFFLE, WALK, WALK, SHUFFLE

25-26            Rock right out to right side, recover on left making a ¼ turn left,

### Lady turn right, both now facing LOD

#### Pick up inside hands

27&28            Step forward on right foot, step left beside right, step forward on right  
29-30            Walk forward left, right  
31&32            Step forward on left, step right beside left, step forward on left

## TURN, CLAP, TURN, CLAP, STEP, CLAP, SHUFFLE

### Release hands for turns

33-34            Make ½ turn left stepping back on right, clap (lady turns ½ right)  
35-36            Make ½ turn left stepping forward on left, clap, (lady turns ½ right)  
37-38            Step forward on right foot, clap

### Both facing LOD

#### Pick up inside hands

39&40            Step forward on left, step right beside left, step forward on left

## **ROCK-RECOVER, ¼ CHASSE, WEAVE, POINT**

41-42 Rock forward on right, recover back on left

### **Double hand hold**

43&44 Step right ¼ turn right, step left next to right, step right to right side, (lady turns ¼ left)

45-48 Cross left over right, step right to right side, cross left behind right, point right to right side

**Lady starts weave by crossing right over left**

## **CROSS, ¼ TURN, ¼ CHASSE, CROSS ROCK- RECOVER, CHASSE ¼ TURN**

**Release mans right, ladies left as you both turn**

49-50 Cross right over left, make ¼ turn right stepping back on left foot, (lady turns ¼ left)

51&52 Step right ¼ turn right, step left next to right, step right to right side, (lady turns ¼ left)

**Both are now back to back, man facing ILOD, lady facing OLOD, hands join at waist height**

53-54 Cross rock left over right, recover on right

55&56 Step left to left side, step right next to left, step left ¼ turn left, (lady turns ¼ right)

**Release mans right, ladies left as you both turn**

## **STEP PIVOT ¼ TURN, CROSS SHUFFLE, SIDE ROCK-RECOVER, CROSS, HOLD**

57-58 Step forward on right, pivot ¼ turn left, (lady turn ¼ right)

**Now both are facing each other, man facing OLOD, lady facing ILOD**

**Double hand hold**

59&60 Cross right over left, step left to left side, cross right over left

61-62 Rock left out to left side, recover on right

63-64 Cross left over right, hold

## **REPEAT**

**This dance is dedicated to Pete & Becky from our couples class, who ask if I could write a couples dance to this track. Thanks for asking**

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