

First To Last

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Nigel Payne (UK) & Barbara Payne (UK)
音乐: You're the First, the Last, My Everything - Barry White



SIDE ROCK RECOVER, CROSS SHUFFLE, ¼ TURN RIGHT TWICE, LEFT SHUFFLE

- 1-2 Rock right out to right side, recover back onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left to left side turning ¼ turn right, step right foot ¼ turn right taking weight (now facing 6:00)
7&8 Step forward on left foot, step right beside left, step forward on left foot

FULL TURN LEFT, RIGHT SHUFFLE, ¾ TURN RIGHT, LEFT SHUFFLE

- 1-2 Step right foot forward turning ½ turn left, on ball of right pivot ½ turn left stepping left foot forward taking weight

Easy option for count 1-2, walk forward right, left

- 3&4 Step forward on right, step left beside right, step forward on right foot
5-6 Step left foot forward turning ½ turn right, step right foot ¼ turn right taking weight

Now facing 3:00

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

RIGHT SIDE ROCK RECOVER, CROSS SHUFFLE, LEFT SIDE ROCK RECOVER, CROSS SHUFFLE

- 1-2 Rock right out to right side, recover back onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left out to left side, recover back onto right
7&8 Cross left over right, step right to right side, cross left over right

RIGHT SIDE BEHIND, HEEL & CROSS, LEFT SIDE BEHIND, HEEL & CROSS

- 1-2 Step right to right side, cross left behind right
&3 Step right back to right diagonal, tap left heel forward to left diagonal
&4 Step left foot beside right, cross right over left
5-6 Step left to left side, cross right behind left
&7 Step left back to left diagonal, tap right heel forward to right diagonal
&8 Step right beside left, cross left over right

¼ TURN LEFT, CLAP, ½ TURN LEFT, CLAP, ½ TURN LEFT, CLAP, COASTER STEP

- 1-2 Step right to right side turning ¼ left, clap
3-4 On ball of right pivot ½ turn left stepping left foot forward taking weight, clap
5-6 On ball of left pivot ½ turn left stepping right foot back taking weight, clap

Now facing home wall

- 7&8 Step left foot back, step right beside left, step left foot forward

WALK FORWARD RIGHT, LEFT, RIGHT SHUFFLE, LEFT SHUFFLE TURNING ½ RIGHT, ROCK RECOVER

- 1-2 Walk forward right, left
3&4 Step right foot forward, step left beside right, step right foot forward
5&6 Step left foot forward turning ¼ turn right, step right beside left, step left foot back turning ¼ turn right, (now facing 6 o'clock wall)
7-8 Rock back onto right foot, recover back onto left

FULL TURN LEFT, RIGHT SHUFFLE, PIVOT ½ TURN RIGHT, LEFT SHUFFLE

1-2 Step right foot forward turning ½ turn left, on ball of right pivot ½ turn left stepping left foot forward taking weight

Easy option for count 1-2, walk forward right, left

3&4 Step forward on right, step left beside right, step forward on right foot

5-6 Step forward on left foot, pivot ½ turn right, (now facing home wall)

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

Restart from here on wall 5

ROCK RECOVER, COASTER STEP, ROCK RECOVER, COASTER STEP

1-2 Rock forward onto right foot, recover back on to left foot

3&4 Step back on right foot, step left beside right, step forward on right foot

5-6 Rock forward onto left foot, recover back onto right foot

7&8 Step left foot back, step right beside left, step forward onto left foot

REPEAT

TAG AFTER WALLS 2 & 4

1-2 Step forward on right foot, pivot ½ turn left

3-4 Step forward on right foot, pivot ½ turn left

5-6 Rock forward onto right foot, recover back onto left foot

7-8 Rock back on right foot, recover back onto left foot
