

First Of May!

拍数: 32 墙数: 2 级数: Beginner
编舞者: Elke Weinberger (NL) & Illona Klockner
音乐: First of May - Bee Gees



Note : Start dance after 16 counts at time track 00:15.

FORWARD, FORWARD COASTER, PIVOT ½ LEFT TURN, LOCK STEP, FORWARD, ½ LEFT TURN, RUMBA BOX PATTERNS

- 1 Step right forward
- 2&3 Slide left forward, slide right beside left, slide left back
- & Pivot ½ turn left on both balls of feet (weight ends on left)
- 4&5 Lock step right behind left, step left forward, execute ½ turn left and then step right back
- 6&7 Slide left to left, slide right beside left, slide left forward
- 8&9 Slide right to right, slide left beside right, slide right back

TRAVELLING LEFT FULL TURN LEFT ROLLING VINE, TRAVELLING RIGHT FULL TURN RIGHT ROLLING VINE, RUN, RUN, PIVOT ½ LEFT TURN, RUN, RUN, FULL RIGHT SPIRAL TURN

- 10&11 Execute ¼ turn left and then step left forward, execute further ½ turn left and then step right back, execute the last ¼ turn left and then slide left to left as you drag right toes slightly towards left
- 12&13 Execute ¼ turn right and then step right forward, execute further ½ turn right and then step left back, execute the last ¼ turn right and then slide right to right as you drag left toes slightly towards right
- 14& Run forward on left, right raising gradually on balls of feet
- 15 Pivot ½ turn left (weight ends on left)
- 16& Run forward on right, left raising gradually on balls of feet
- 17 Execute full turn right on left ball of foot (you should end up with weight on left and right toes hooking over left)

FORWARD LOCK STEPS, SIDE HIP SWAYS, ½ LEFT TURN, SIDE HIP SWAYS, ½ RIGHT TURN, SIDE HIP SWAYS, FORWARD AND BACK HIP SWAYS, PIVOT ½ RIGHT TURN

- 18&19 Step right forward, lock step left behind right, step right forward
- 20&21 Step left to left and then sway hips left, sway hips right, execute ½ turn left and then step left to left as you sway hips left
- 22&23 Sway hips right, execute ½ turn right and then step left to left as you sway hips left, sway hips right
- 24&25 Step left forward and then sway hips forward, sway hips back, sway hips forward as you pivot ½ turn right (weight remains on left)

SWEEP, SAILOR CROSS, SCISSORS CROSS, SWEEP, STEP, SWEEP, STEP, BACK, LOCK STEP

- & Sweep right around from front to back
- 26&27 Step right behind left, step left to left, cross right over left
- 28&29 Slide left to left, slide right beside left, cross left over right
- &30 Sweep right from back to front, cross right over left
- &31 Sweep left from back to front, cross left over right
- 32& Step right back, lock step left over right

EXECUTE ½ RIGHT TURN AND THEN REPEAT