Love in the First Degree



編舞者: Katherine Lee (SG) - June 2020

音樂: Love in the First Degree - Bananarama



Intro: 4x8 (1 wall or 4 wall)

* For our stay home friends with space constraint at home.*

Starts with our Right Foot.

S1: (Forward, heel twist, coaster step) x2

1&2 RF forward, twist both heels to right, twist both heels back to center (weight on LF)

3&4 RF step back, LF together, RF forward,

5&6 LF forward, twist both heels to left, twist both heels back to center (weight on RF)

7&8 LF step back, RF together, LF forward.

S2: (Forward, ½ turn, back, point to side) x2

RF forward, LF back make ½ Right turn(6:00), RF back, LF point to the side, LF forward, RF back make ½ Left turn(12:00), LF back, RF point to the side.

S3: Rock forward, pony steps x 2, rock back

123&4 RF rock forward, LF recover, RF step back and hitch Left knee, LF recover, RF back,

5&6 LF step back and hitch Right knee, RF recover, LF back,

78 RF rock back, LF recover Easy option for Pony steps: back shuffles

S4: Out, out, in, in, Jazzbox forward

12 RF step out diagonal R forward, LF step out diagonal L forward,

RF Step back to center, LF step next to RF, RF cross, LF back, RF side, RF forward.

Option for 4 wall dance: Jazzbox forward change to ¼ R-turn Jazzbox forward.

**2 Restarts at Wall 4 & Wall 9(dance up to 16 counts): for 1 wall dance (12:00): for 4 wall dance (both walls facing 9:00), Restarts at 9:00.

Keep Active! Keep Dancing! HappyfitLDG2020@hotmail.com

Last Update - 24 July 2020