

First, Last, Everything

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kathy Kearey (AUS) - November 2022
音樂: You're the First, the Last, My Everything - Barry White



Start: After 16 counts of music (after spoken intro)

STEP FORWARD RECOVER ½ TURN HOLD, STEP FORWARD RECOVER ¼ TURN HOLD

1-2 Step R forward (angling body slightly to the left), recover onto L
3-4 Turn ½ to right stepping R forward, hold
5-6 Step L forward (angling body slightly to the right), recover onto R
7-8 Turn ¼ to left stepping L to side, hold

CROSS FLICK x2, STEP BACK HITCH x2

9-10 Cross R over L, flick L back
11-12 Cross L over R, flick R back
13-14 Step R back, slightly hitch L
15-16 Step L back, slightly hitch R

SIDE ROCK CROSS HOLD x2

17-18 Step R to side, recover onto L
19-20 Cross R over L, hold
21-22 Step L to side, recover onto R
23-24 Cross L over R, hold

SIDE BEHIND ¼ TURN HOLD, ¼ TURN HOLD, HIP BUMPS x2

25-26 Step R to side, cross L behind R
27-28 Turn ¼ to right stepping R forward, hold
29-30 Turn ¼ to right stepping L forward, hold
31-32 Bump hips R, L

REPEAT

TAG: At end of wall 4 (12:00) and wall 8 (12:00) - ROCKING CHAIR HOLD x2

9-10 Step/rock forward on R, recover onto L
11-12 Step R back, hold
13-14 Step/rock back on L, recover onto R
15-16 Step L forward, hold

RESTART: On wall 10 (12:00) after 24 counts
