

# My Everything (P)

COPPERKNOB  
BY STEPHENETS

拍數: 64      牆數: 0      級數: Partner  
編舞者: Nigel Payne (UK)  
音樂: 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, ¼ 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 ¼ 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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