

My First

拍數: 64 牆數: 4 級數: Improver
編舞者: Kitty de Brouwer (NL)
音樂: World of Hurt - Ilse DeLange



STEP SIDE, CHASSE RIGHT, STEP SIDE, CHASSE LEFT

1-2 Step right to right side, step left next to right
3&4 Step right to right side & slide left beside right, step right
5-6 Step left to left side, step right next to left
7&8 Step left to left side & slide right beside left, step left

ROCK STEP FORWARD, COASTER STEP, ROCK STEP FORWARD, COASTER STEP

9-10 Rock forward right, rock back left
11&12 Step right back, & step left together, step right forward
13-14 Rock forward left, rock back right
15&16 Step left back, & step right together, step left forward

½ PIVOT TURN LEFT (2X), JIVE WALK, FORWARD HEEL

17-18 Step forward right, pivot ½ turn left
19-20 Step forward right, pivot ½ turn left
21-22 Right toe touch to right side, step right forward
23-24 Left toe touch to left side, touch left heel in front

CROSS BACK, CHASSE LEFT, CROSS BACK, SIDE SHUFFLE WITH ¼ TURN

25-26 Cross step left over right, right step back
27&28 Step left to left side & slide right beside left, step left
29-30 Cross step right over left, left step back
31&32 Step right to right side, & step left next right, step right ¼ turn to right side

SHUFFLE LEFT, ½ PIVOT TURN LEFT, SHUFFLE RIGHT, ¾ PIVOT TURN RIGHT

33&34 Step left forward, & step right next left, step left forward
35-36 Step forward right, pivot ½ turn left
37&38 Step right forward, & step left next right, step right forward
39-40 Step left forward, pivot ¾ turn right on ball of right foot

CHASSE LEFT, CROSS ROCK STEP BACK, CHASSE RIGHT, CROSS ROCK STEP BACK

41&42 Step left to left side & slide right beside left, step left
43-44 Cross step right behind left, left step forward
45&46 Step right to right side & slide left beside right, step right
47-48 Cross step left behind right, right step forward

HIP BUMPS LEFT, HIP BUMPS RIGHT

49-50 Step left diagonal forward with hips in front left, hips to the right
51&52 Hips to the left, & hips to the right, hips to the left
53-54 Step right diagonal forward with hips in front right, hips to the left
55&56 Hips to the right, & hips to the left, hips to the right

FULL TURN BODY ROLL WITH TOUCH

57-58 Step left forward, turn ¼ body roll to the right on ball of right foot
59-60 Step left forward, turn ¼ body roll to the right on ball of right foot
61-62 Step left forward, turn ¼ body roll to the right on ball of right foot

63-64

Step left forward, right toe touch beside left

REPEAT
