

# 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**

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