

# My First

拍數: 64      牆數: 2      級數: Intermediate hustle  
編舞者: Lynne Martino (USA)  
音樂: You're the First, the Last, My Everything - Barry White



## FORWARD WALKS, RIGHT FORWARD COASTER STEP, LEFT STEP LOCKS BACK

1-2      Walk forward right, left  
3&4      Step forward right, step left together, step right back  
5-6      Step back on left, cross step right over left  
7&8      Step back on left, cross step right over left, step back on left

## RIGHT ROCK STEP BACK, FORWARD RIGHT SHUFFLE, ½ TURN RIGHT, FULL TURN RIGHT(OR LEFT FORWARD SHUFFLE

1-2      Rock back on right recover left  
3&4      Shuffle forward right, left, right  
5-6      Step forward on left, turning ½ turn right stepping forward on right  
7&8      Step ¼ right on left, step ½ turn right stepping forward on right, step ¼ right on left

**Alternative steps: forward shuffle left, right, left**

## FORWARD WALKS, RIGHT FORWARD COASTER STEP, LEFT STEP LOCKS BACK

1-2      Walk forward right, left  
3&4      Step forward right, step left together, step right back  
5-6      Step back on left, cross step right over left  
7&8      Step back on left, cross step right over left, step back on left

## RIGHT ROCK STEP BACK, FORWARD RIGHT SHUFFLE, ¼ TURN RIGHT, LEFT CROSS STEPS

1-2      Rock back on right, recover weight on left  
3&4      Shuffle forward right, left, right  
5-6      Step forward on left making ¼ turn right, recovering weight on right  
7&8      Cross step left over right, step on ball of right and cross step left over right

## WEAVE RIGHT 2, RIGHT ROCK AND CROSS, WEAVE LEFT 2, LEFT ROCK AND CROSS

1-2      Step right to right side, step left behind right  
3&4      Step right to right side, step on left, step right over left  
5-6      Step left to left side, step right behind left  
7&8      Step left to left side, step on right, step left over right

## WEAVE RIGHT 2, ¼ TURN LEFT COASTER STEP, FORWARD LEFT ROCK, LEFT COASTER STEP

1-2      Step right to right side, step left behind right  
3&4      Step ¼ left on right, step back on left, step forward on right  
5-6      Rock forward on left, recover weight on right  
7&8      Step back on left, step right next to left, step forward on left

## WEAVE RIGHT 2, RIGHT ROCK AND CROSS, WEAVE LEFT 2, LEFT ROCK AND CROSS

1-2      Step right to right side, step left behind right  
3&4      Step right to right side, step on left, step right over left  
5-6      Step left to left side, step right behind left  
7&8      Step left to left side, step on right, step left over right

## RIGHT POINTS FORWARD AND SIDE, RIGHT SAILOR STEP, LEFT POINTS FORWARD AND SIDE, LEFT SAILOR STEP

1-2      Point right toe forward and to the right side

3&4            Cross right behind left, step left to left side, step right in place  
5-6            Point left forward and to left side  
7&8            Cross left behind right, step right to right side, step left in place

**REPEAT**

**RESTART**

**3rd time on back wall eliminate last 8 counts (points forward and side)**

**TAG**

**End of dance on the 2nd, 3rd & 4th time on front wall:**

**RIGHT KICKBALL CHANGES, RIGHT & LEFT SIDE POINTS**

1&2            Kick right forward, step back on ball of right, step left next to right  
3&4            Kick right forward, step back on ball of right, step left next to right  
5-6            Point right to right side and hold  
&7&8           Bring right in next to left and point left to left side, bring left in next to right and point right to right side

**This dance is dedicated to Forty Arroyo and the NELOL, Special thanks to Tom and Angela**

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