

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
