

My First And Last

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Tracy Davies (UK)
音樂: You're the First, the Last, My Everything - Barry White



Sequence: A, A, A, A, A-, A

SECTION A:

STEP, BEHIND, CHASSÉ, PIVOT TURN, SHUFFLE

- 1-2 Step right to right side, step left behind right
- 3&4 Chassé to the right (right-left-right) ending with a quarter turn to the right
- 5-6 Step forward on to left, pivot ½ turn to right (weight ends on right)
- 7&8 Shuffle forward left-right-left

ROCK AND CROSS TWICE, STEP BACK TWICE, SKATES FORWARD TWICE

- 1&2 Rock right out to right side, recover on to left, step right across in front of left
- 3&4 Rock left out to left side, recover on to right, step left across in front of right
- 5-6 Step back and out onto right, step left to left side
- 7-8 Skate forward on right, skate forward on left

DOROTHY STEPS TWICE, FULL TURN

- 1-2& Step right diagonally forward, lock left behind right, step right in place
- 3-4& Step left diagonally forward, lock right behind left, step left in place
- 5-6-7-8 Step right forward, complete a full turn to left over 3 counts (left-right-left)

SCUFF, STEP, HEEL TWISTS, COASTER

- 1-2 Scuff right foot forward and step on to it
- 3&4 Twist heels right-left-right to make a quarter turn to the left
- 5&6 Hold (5), twist heels left (&) right (6) making a quarter turn to the left
- 7&8 Coaster step starting with left

HEEL SWITCHES AND ROCK RECOVER TWICE

- 1&2& Touch right heel forward, step right foot in place, touch left heel forward, step left in place
- 3-4 Rock forward on right, recover back onto left
- &5&6& Step right in place, touch left heel forward, step left foot in place, touch right heel forward, step right in place
- 7-8 Rock forward on right, recover back onto right

STEP BACK TWICE, FULL TURN, MODIFIED LOCK STEP FORWARD

- 1-2 Step back on left, step back onto right (slightly bending both knees, cross both arms to right hip)
- 3-4 Full turn to left over 2 counts (left, right)
- 5&6&7& Step forward on left, lock right behind left and repeat 3 times
- 8 Step forward on left

GRAPEVINES TO LEFT AND RIGHT

- 1-23-4 Step right to right, step left behind right, step right to right, touch left next to right
- 5-6-7-8 Step left to left, step right behind left, step left to left, touch right next to left

JAZZ BOX, JUMP OUT, KNEES ROLLS X 3

- 1-2-3-4 Step right across in front of left, step back on left, step right to right side and step left next to right

- 5 Jump both feet out
- 6-7-8 Knees rolls x 3 (left-right-left)

SECTION A

- 1-56 Do first 56 steps of A
- 1-2-3 Touch right to right side making full turn to left
- 4 Step onto right foot
- 5-6-7 Touch left to left side making full turn to right
- 8 Step onto left foot
- 9-16 Finish with last 8 of A

SECTION A-

- 1-56 Do first 56 of A then restart
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