

At First

拍數: 34 牆數: 2 級數: Beginner
編舞者: Joe Walsh (CAN) & Suzanne Perron (CAN)
音樂: She's Gonna Leave You With A Smile - George Strait



HIP BUMPS

- 1-2 Step right foot to right bumping hips to right twice
- 3-4 Bump hips to the left twice
- 5-8 Bump hips to the right twice, then to the left twice

ROCKING CHAIR - ½ PIVOT TO LEFT - TRIPLE STEP ½ TO LEFT

- 9-10 Step right foot forward; recover weight to the left
- 11-12 Step right foot back; recover weight to the left
- 13 Step right foot forward
- 14 Pivot ½ turn to the left
- 15&16 Triple step right-left-right another ½ turn to the left

ROCK BACK LEFT - SHUFFLE FORWARD - ½ PIVOT LEFT

- 17-18 Rock left foot back; recover weight to the right foot
- 19&20 Shuffle forward left-right-left
- 21 Step right foot forward
- 22 Pivot ½ turn to the left

GRAPEVINE RIGHT - GRAPEVINE LEFT - TOUCH - TOUCH

- 23 Step right foot to the right
- 24 Cross step left foot behind right
- 25 Step right foot to the right
- 26 Touch left foot next to right
- 27 Step left foot to the left
- 28 Cross step right foot behind the left
- 29 Step left foot to the left side
- 30 Touch right foot next to left
- 31-32 Step right foot to the right side; touch left foot next to right
- 33-34 Step left foot to the left side; touch right foot next to left

REPEAT

When starting the dance, begin dancing with the left hip bumps (3rd count) as the lyrics start. After that, dance as usual.