

My First (aka Everything Is A Hustle)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lynne Martino (USA) - 2006
音樂: You're the First, the Last, My Everything - Barry White : (CD: Barry White's Greatest Hits)



1st place winner at the Tim Gillis Spring Dance Weekend 3/24-26

1-8 **Forward Walks, R Forward Coaster Step, L Step Locks Back**

1,2 Walk forward R,L
3&4 Step forward R, step L together, step R back
5,6 Step back on L, cross step R over L
7&8 Step back on L, cross step R over L, step back on L

9-16 **R Rock Step Back, Forward R Shuffle, ½ turn R, Full Turn R(or L forward shuffle**

1,2 Rock back on R recover L
3&4 Shuffle forward R,L,R
5,6 Step forward on L, turning ½ turn R stepping forward on R
7&8 Step ¼ R on left, step ½ turn R stepping forward on R, step ¼ R on L (Alternative steps - forward shuffle L,R,L)

17-24 **Repeat Steps 1-8**

25-32 **R Rock Step Back, Forward R Shuffle, ¼ Turn R, L Cross Steps**

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

33-40 **Weave R 2, R Rock and Cross, Weave L 2, L Rock and Cross**

1,2 Step R to R side, step L behind R
3&4 Step R to R side, step on L, step R over L
5,6 Step L to L side, step R behind L
7&8 Step L to L side, step on R, step L over R

41-48 **Weave R 2, ¼ turn L Coaster Step, Forward L Rock, L Coaster Step**

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

49-56 **Repeat Steps 33-40**

57-64 **R Points Forward and Side, R Sailor Step, L Points Forward and Side, L Sailor Step**

1,2 Point R toe forward and to the right side
3&4 Cross R behind L, Step L to L side, Step R in place
5,6 Point L forward and to left side
7&8 Cross L behind R, step R to R side, Step L in place

START AGAIN

Restart: 3rd time on back wall eliminate last 8 counts(Points forward and side...)

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

1-8 **R Kickball Changes, R&L Side points**
1&2 Kick R forward, step back on ball of R, step L next to R

3&4 Kick R forward, step back on ball of R, step L next to R
5,6 Point R to R side and Hold
&7&8 Bring R in next to L and Point L to left side, bring L in next to R and point R to R side

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

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