

My First (aka Everything Is A Hustle)

COPPER **KNOB**
BY 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)



Or MUSIC: Smile by Rod Stewart (no tags or restarts) (CD As Time Goes By, The Great American Songbook Volume II)

- 1-8 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
- 9-16 RIGHT ROCK STEP BACK, FORWARD RIGHT SHUFFLE, 1/2 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 1/2 Right step forward on Right
7&8 Step 1/4 Right on left, 1/2 turn Right stepping forward on Right, step 1/4 Right on Left
(Alternative steps - forward shuffle Left, Right, Left)
- 17-24 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
- 25-32 RIGHT ROCK STEP BACK, FORWARD RIGHT SHUFFLE, 1/4 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 turning 1/4 Right, recover weight on Right
7&8 Cross step Left over Right, step on ball of Right, cross step Left over Right
- 33-40 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
- 41-48 WEAVE RIGHT 2, 1/4 TURN LEFT COASTER STEP, FORWARD LEFT ROCK, LEFT COASTER STEP**
1-2 Step Right to Right side, step Left behind Right
3&4 Step 1/4 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
- 49-56 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
- 57-64 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

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 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 Bring Right in next to Left and Point Left to left side
&8 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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