

Be The First One

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gordon Elliott (AUS) - January 2010
音樂: I Want to Be the First One - Darryl & Don Ellis : (CD: No Sir)



Introduction: 16 beats

Side, Behind, Side, Across, Side Shuffle, Back, Rock

1-2 Step right to side, cross left behind right
3-4 Step right to side, cross left over right
5&6 Chassé side right, left, right
7-8 Step left back, rock forward to right

Side, Behind, Side, Across, Side Shuffle, Back, Rock

1-2 Step left to side, cross right behind left
3-4 Step left to side, cross right over left
5&6 Chassé side left, right, left
7-8 Step right back, rock forward to left

Kick Ball Step, Kick Ball Step, Hip, Hip, Hip, Touch

1&2 Kick right forward, step right together, step left forward
3&4 Kick right forward, step right together, step left forward
5-6 Step right forward push hips forward, push hips back
7-8 Bump hips forward, touch left together

Kick Ball Step, Kick Ball Step, Hip, Hip, Hip, Touch

1&2 Kick left forward, step left together, step right forward
3&4 Kick left forward, step left together, step right forward
5-6 Step left forward push hips forward, push hips back
7-8 Bump hips forward, touch right together

Back Strut, Back Strut, Back Strut, Back Strut

1-2 Step right toe back, drop right heel (click fingers)
3-4 Step left toe back, drop left heel (click fingers)
5-6 Step right toe back, drop right heel (click fingers)
7-8 Step left toe back, drop left heel (click fingers)

Back, Rock, Paddle Turn, Paddle Turn, Paddle Turn

1-2 Step right back, rock forward to left
3-4 Step right forward, turn ¼ left (weight to left)
5-6 Step right forward, turn ¼ left (weight to left)
7-8 Step right forward, turn ¼ left (weight to left)

Across, Side, Sailor Step, Across, Side, Sailor Step

1-2 Cross right over left, step left to side
3&4 Right sailor step
5-6 Cross left over right, step right to side
7&8 Left sailor step

Rocking Chair, Side, Rock, Touch, Clap

1-2 Step right forward, rock back to left
3-4 Step right back, rock forward to left

5-6 Step right to side, side rock to left
7-8 Touch right together, clap

Repeat
