|  |  |
| --- | --- |
| Our First Dance AB |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Absolute Beginner | . |
| **Choreographer:** | Liz Atkinson (USA) - December 2021 |
| **Music:** | Cold Heart (PNAU Remix) - Elton John & Dua Lipa |
| . |

**#8 count introduction - NO Tags or Restarts**

**Alternative music: Na Na Na by Pentatonix, Follow My Feet by The Unlikely Candidates, or other track with an easily discernible beat, ideally 110-120 bpm, with no tags or restarts. The key is to have music that will be well-liked by the class demographic...this is their first impression of line dance!**

**S1: GRAPEVINE (VINE) RIGHT, VINE LEFT**

|  |  |
| --- | --- |
| 1, 2, 3, 4 | Step RF to R side, step LF slightly behind RF, step RF to R side, touch LF beside RF |

|  |  |
| --- | --- |
| 5, 6, 7, 8 | Step LF to L side, step RF slightly behind LF, step LF to L side, touch RF beside LF |

**S2: WALK 3 STEPS, KICK, WALK BACK 3, TOUCH**

|  |  |
| --- | --- |
| 1, 2, 3, 4 | Walk forward 3 steps RF-LF-RF, kick LF forward (keeping it low) |

|  |  |
| --- | --- |
| 5, 6, 7, 8 | Walk back 3 steps LF-RF-LF, touch RF beside LF |

**S3: V-STEP X 2**

|  |  |
| --- | --- |
| 1, 2 | Step RF diagonally forward, step LF diagonally forward |

|  |  |
| --- | --- |
| 3, 4 | Step RF back to center, step LF back to center |

|  |  |
| --- | --- |
| 5, 6, 7, 8 | (Repeat steps 1-4) |

**S4: WALK 4 STEPS AROUND 1/2 R, HIP BUMPS X 4**

|  |  |
| --- | --- |
| 1, 2, 3, 4 | Walk 4 steps around to right turning 1/2 (180°) to back wall (6:00) RF-LF-RF-LF |

|  |  |
| --- | --- |
| 5, 6, 7, 8 | Bump hips x4 R-L-R-L |

**Begin again and have fun!**

**Contact: info@LizAtkinsonDance.com**

**Asheville, NC, USA**