

First, Last, Everything

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kathy Kearey (AUS) - November 2022
音乐: You're the First, the Last, My Everything - Barry White



Start: After 16 counts of music (after spoken intro)

STEP FORWARD RECOVER ½ TURN HOLD, STEP FORWARD RECOVER ¼ TURN HOLD

- 1-2 Step R forward (angling body slightly to the left), recover onto L
- 3-4 Turn ½ to right stepping R forward, hold
- 5-6 Step L forward (angling body slightly to the right), recover onto R
- 7-8 Turn ¼ to left stepping L to side, hold

CROSS FLICK x2, STEP BACK HITCH x2

- 9-10 Cross R over L, flick L back
- 11-12 Cross L over R, flick R back
- 13-14 Step R back, slightly hitch L
- 15-16 Step L back, slightly hitch R

SIDE ROCK CROSS HOLD x2

- 17-18 Step R to side, recover onto L
- 19-20 Cross R over L, hold
- 21-22 Step L to side, recover onto R
- 23-24 Cross L over R, hold

SIDE BEHIND ¼ TURN HOLD, ¼ TURN HOLD, HIP BUMPS x2

- 25-26 Step R to side, cross L behind R
- 27-28 Turn ¼ to right stepping R forward, hold
- 29-30 Turn ¼ to right stepping L forward, hold
- 31-32 Bump hips R, L

REPEAT

TAG: At end of wall 4 (12:00) and wall 8 (12:00) - ROCKING CHAIR HOLD x2

- 9-10 Step/rock forward on R, recover onto L
- 11-12 Step R back, hold
- 13-14 Step/rock back on L, recover onto R
- 15-16 Step L forward, hold

RESTART: On wall 10 (12:00) after 24 counts