

First Time

拍数: 48 墙数: 1 级数: Intermediate
编舞者: Henry Costa (USA)
音乐: All For You (Video Mix) - Janet Jackson



STOMP LEFT, STOMP RIGHT NEXT TO LEFT, HIP BUMPS, SLIDE BACK, SLIDE NEXT TO RIGHT HIP BUMPS

- 1-2 Stomp slightly forward left, stomp right next to left
- 3&4 Left hip (weight left), right hip (weight right), left hip (weight now back on left)
- 5-6 Slide step right backward, slide left next to right
- 7&8 Right hip (weight right), left hip (weight left), right hip (weight now back on right)

STOMP LEFT, STOMP RIGHT NEXT TO LEFT, HIP BUMPS, SLIDE BACK, SLIDE NEXT TO RIGHT HIP BUMPS

- 1-2 Stomp slightly forward left, stomp right next to left
- 3&4 Left hip (weight left), right hip (weight right), left hip (weight now back on left)
- 5-6 Slide step right backward, slide left next to right
- 7&8 Right hip (weight right), left hip (weight left), right hip (weight now back on right)

BASIC FOX TROT BOX STEP FORWARD, BASIC FOX TROT BOX BACKWARD

- 1-4 Step forward left, hold, step side right, left next to right
- 5-8 Step back right, hold, step side left, step right next to left

CROSS LEFT, HOLD, STEP RIGHT, STEP LEFT, CROSS RIGHT, HOLD, STEP LEFT, STEP RIGHT

- 1-4 Cross left in front of right, hold, step side right, step left next to right
- 5-8 Cross right in front of left, hold, step side left, step right next to left

CROSS LEFT, CROSS RIGHT, CHA-CHA-CHA ANGLE BACKWARD, ROCK, RECOVER, CHA-CHA-CHA

- 1-2 Cross left across right, cross right across left
- 3&4 Cha-cha-cha angled backward left (left-right-left)
- 5-6 Rock back right, recover forward left
- 7&8 Cha-cha-cha right-left-right in place

POINT LEFT, WEIGHT SHIFT LEAN TO LEFT, POINT RIGHT, WEIGHT SHIFT LEAN TO RIGHT, POINT LEFT

- 1-2 Point left to left side, start lean left with shoulders level starting to drop left heel down at same time
- 3-4 Continue to drop left heel down with shoulders level leaning left, drop left heel down (weight on left) lift right heel up with point
- 5-6 Start to lean right with shoulders level starting to drop right heel down, continue to drop right down slowly while leaning right with shoulders level
- 7-8 Finish lean to right with shoulders level, drop right heel down (weight on right) slide ball of left next to right (weight on right)

REPEAT