

# My First (aka Everything Is A Hustle)

**COPPER KNOB**  
STEPPERS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Lynne Martino (USA) - 2006  
音乐: You're the First, the Last, My Everything - Barry White : (CD: Barry White's Greatest Hits)



1st place winner at the Tim Gillis Spring Dance Weekend 3/24-26

- 1-8 Forward Walks, R Forward Coaster Step, L Step Locks Back**  
1,2 Walk forward R,L  
3&4 Step forward R, step L together, step R back  
5,6 Step back on L, cross step R over L  
7&8 Step back on L, cross step R over L, step back on L
- 9-16 R Rock Step Back, Forward R Shuffle, ½ turn R, Full Turn R(or L forward shuffle**  
1,2 Rock back on R recover L  
3&4 Shuffle forward R,L,R  
5,6 Step forward on L, turning ½ turn R stepping forward on R  
7&8 Step ¼ R on left, step ½ turn R stepping forward on R, step ¼ R on L (Alternative steps - forward shuffle L,R,L)
- 17-24 Repeat Steps 1-8**
- 25-32 R Rock Step Back, Forward R Shuffle, ¼ Turn R, L Cross Steps**  
1,2 Rock back on R, recover weight on L  
3&4 Shuffle forward R, L, R  
5,6 Step forward on L making ¼ turn R, recovering weight on R  
7&8 Cross step L over R, step on ball of R and cross step L over R
- 33-40 Weave R 2, R Rock and Cross, Weave L 2, L Rock and Cross**  
1,2 Step R to R side, step L behind R  
3&4 Step R to R side, step on L, step R over L  
5,6 Step L to L side, step R behind L  
7&8 Step L to L side, step on R, step L over R
- 41-48 Weave R 2, ¼ turn L Coaster Step, Forward L Rock, L Coaster Step**  
1,2 Step R to R side, step L behind R  
3&4 Step ¼ L on R, step back on L, step forward on R  
5,6 Rock forward on L, recover weight on R  
7&8 Step back on L, step R next to L, step forward on L
- 49-56 Repeat Steps 33-40**
- 57-64 R Points Forward and Side, R Sailor Step, L Points Forward and Side, L Sailor Step**  
1,2 Point R toe forward and to the right side  
3&4 Cross R behind L, Step L to L side, Step R in place  
5,6 Point L forward and to left side  
7&8 Cross L behind R, step R to R side, Step L 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 R Kickball Changes, R&L Side points**  
1&2 Kick R forward, step back on ball of R, step L next to R

3&4	Kick R forward, step back on ball of R, step L next to R
5,6	Point R to R side and Hold
&7&8	Bring R in next to L and Point L to left side, bring L in next to R and point R to R side

This dance is dedicated to Forty Arroyo and the NELOL. Special thanks to Tom. and Angela .

[EMail](#)

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