

My First (Foxtrot)

64 Count, 2 Wall, Intermediate

Choreographer: Chas. Oliver (UK) Oct 2013

Choreographed to: My First My Last My Everything
by Peter Grant (iTunes)

Start on Vocals

1 Step Right to side, cross side, behind side

1-4 Step Right to side, Hold, cross Left over Right, Hold,
5-8 Step Right to side, Left behind Right, Right to side. Hold.

2 Cross, side, behind side, cross

1-4 Cross Left over Right, Hold, Right to side, Hold,
5-8 Left behind Right, Right to side, Left over Right, Hold.

3 Rock out, recover cross, step Left, Right behind, Left to side.

1-4 Rock out to Right, recover onto Left, cross Right over Left, Hold
5-8 Step Left to side, Right behind Left, Left to side, Hold.

4 Cross 1/4 turn 1/4 turn Hold. cross, Rock out recover cross, Hold.

1-4 Cross Right over Left, turn 1/4 turn Right step on Left, turn 1/4 turn Right step onto Right, Hold,
5-8 Cross Left over Right, rock Right out to Right, recover on Left, Hold.

5 Cross 1/4 turn 1/4 turn hold Cross rock recover, Hold.

1-4 Cross Right over Left, turn 1/4 turn Right step onto Left, turn 1/4 Right step onto Right, Hold.
5-8 Cross Left over Right, rock Right out to side, recover on Left, Hold.

6 Cross 1/4 turn, Cross 1/4 turn Hold. Cross rock recover, Hold.

1-4 Cross Right over Left, turn 1/4 turn Right stepping onto Left, turn 1/4 turn Right step onto Right, Hold.
5-8 Cross Left over Right, rock Right out to side, recover on Left, Hold.

7 Walk forward Right, Left, rock forward recover step back.

1-4 Walk forward Right, Hold. Forward Left, Hold.
5-8 Rock forward Right, recover onto Left, Step back onto Right, Hold.

8 Sweep back Left, Right, step back, dip, recover step together.

1-4 Sweep out and back Left, Hold. Sweep out and back Right, hold.
5-8 Step back onto Left, Hold. Dip both knees, recover step Left next to Right

TAG: end of wall 2.

1-8 Hip Bumps

Two hip bumps right, two hip bumps left, one right, one left, one right, one left