

You're The First, My Last, My Everything

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Count: 32 **Wall:** 4 **Level:** Absolute Beginner

Choreographer: Val Saari (Canada, September 2018)

Music: You're the First, My Last, My Everything - Barry White

TOE/HEEL FORWARD X 4

1-4 Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel

5-8 Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel

TOE-STRUTS BACK X 2 (RL), SHUFFLE BACK RLR, LRL PIVOT 1/4 L

1-2 Touch RF toes back, Drop heel

3-4 Touch LF toes back, Drop heel

5&6 Shuffle back RLR

7&8 Shuffle back LRL Pivot 1/4 L

RF ROCKING CHAIR, MAMBO RIGHT

1-2 Rock RF forward, Recover Left

3-4 Rock RF back, Recover Left

5-6RF Rock side right, LF recover

7-8RF close together beside L & hold

LF ROCKING CHAIR, MAMBO LEFT

1-2 Rock LF forward, Recover Right

3-4 Rock LF back, Recover Right

5-6LF Rock side left, RF recover

7-8LF close together beside R & hold

REPEAT - No Tags, No Restarts

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