

MY FIRST, MY LAST, MY EVERYTHING

Music: Barry White
Cd: Love Songs
<https://music.apple.com/us/album/love-songs/1422953033>
Track # 4 Time 4:30 Shortened from 0 to 0.50 & 3.14,75 to the end Fade Out from 3.10
Slow down w/ -5% to Time 3:25 Available from choreographer

Rhythm: Cha Cha **Phase:**V+1 (Turkish Towel) + Several U

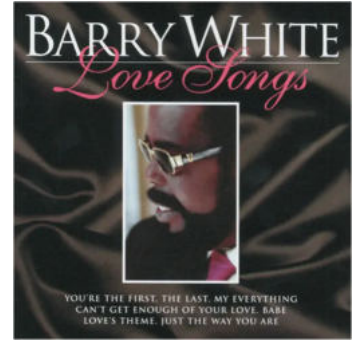
Footwork: Opposite except where (Noted)

Release Date: May 25

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

E-mail: jos.dierickx@telenet.be

Sequence: INTRO AB BRIDGE AB BRIDGE C A BRIDGE(1-3) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; FULL BASIC ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Full Basic} Fwd L, rec R, sd L/cl R, sd L ; Bk R, rec L, sd R/cl L, sd R to BFLY WALL ;

PART A

01-04 OP HIP TWIST to FACING FAN LOD ; ; NEW YORKER OUT/W TRN TO WRAP ; OPPOSITE CUCARACHA ;

{OP Hip Twist Into Fcg Fan LOD} Chk fwd L, rec R, in plc L/R, L (W bk R, fwd L, fwd R/lk Lib, fwd L pushg off M's lft-hnd swvl ¼ RF) ; Bk R, rec L trng ¼ LF to fcg LOD, fwd R/lk Lib, fwd R (W fwd L, trng LF sd R, cont LF trn bk L/lk Rif, bk L to fan pos) ; {New Yorker Out/W Trn to Wrap LOD} Trng RF (W LF) to LOP Wall rk fwd L, rec R trng LF to fc LOD (W comm RF trn), leav jnd hnds low sip L/R, L (W trn ½ RF R/L, R) to end both fcg LOD w/ W ifo M & M's lft & W's rt hnds still jnd across front of W and M's rt hnd at W's rt sd & W's lft arm folded across body ; {Opp Cucaracha} Sd R (W sd L) w/ partial wgt, rec L, sip R/L, R ;

05-08 OPPOSITE CUCARACHA/W ROLL OUT to LOP LOD ; KIKI WALK 3 ; OPP FENCE LINE & CHANGE SIDES ; SPOT TURN ;

{Opp Cucaracha/ W Roll out to LOP LOD} Sd L w/ partial wgt, rec R, ip L/R, L (W sd R, rec L, roll CCW R, L, R) to LOP LOD ; {Kiki Walk 3} [Placg each ft ifo the other w/ a swiv] Fwd R, L, fwd R/lk Lib, fwd R ; {Opp Fence Line & Chng Sds} XLif (W XRif) w/ bent knee, rec R relsg hnds, sd L/cl R, sd L behnd W's back ; {Spot Trn} XRif (W XLif) trng LF, rec L compg full trn, sd R/cl L, sd R to Stacked Hnds [lft-over-rt] COH, - ;

09-12 OP BREAK ; DBL HND UNDERARM TURN to STACKED HANDS ; OP BREAK & CHANGE SIDES/W UNDERARM ; SIDE WALK ;

{OP Break} [With stacked hnds] Apt L, rec R, sd L/cl R, sd L ; {DBL Hndhld Underarm Trn to Stacked Hnds} [Raisg ld arm high & bringing trl arm up to rt shldr level] XRib [Taking ld arm first over W's head], rec L [Taking rt arm over W's head], sd R/cl L, sd R (W XLif trng RF under ld arm, rec R contg to trn under trl arm to fc M, sd L/cl R, sd L) to stacked hnds lft-over-rt ; {OP Break & Chng Sides /W Underarm} [With stacked hnds] Apt L, rec R raisg stacked hnds, passing W's rt sd trng RF lead W trn under stacked hnds fwd L/lk Rib, fwd L swiv ½ RF ; Fwd R to COH passing W's rt sd trng RF lead W trn under stacked hnds, small fwd L cont RF trn to fc, sd R/cl L, sd R (W apt R, rec L twd M's rt sd, trng LF under stacked hnds chg sds fwd R comm LF trn/cl R cont LF trn to fc, sd L finish trn) to BFLY WALL ; {Sd Walk} Sd R, cl L, sd R/cl L, sd R to BFLY WALL ;

13-16 SHOULDER to SHOULDER TWICE ; ; RONDE CHA CHA BOX ; ;

{Shoulder to shldr x 2} Fwd L to SCAR, rec R to fc, sd L/cl R, sd L ; Fwd R to BJO, rec L to fc, sd R/cl L, sd R ; {Ronde Cha Cha Box} Ronde L ifo R, sd R, w/ lft sd leadg bk L/lk Rif, bk L ; Ronde R ibo L, sd L, w/ rt sd leadg fwd R/lk Lib, fwd R to BFLY WALL [3th Time: To rt Hndshk] ;

PART B

01-04 BASIC HALF to TURKISH TOWEL ; ; TWO BREAKS ; ;

{Basic ½ to Turkish Towel} Rk fwd L, rec R, sd L raise jnd rt hnds palm to palm/cl R, sd L (W bk R, rec L, sd R/cl L, sd R) ; Bk R, rec L, small sd R/cl L, sd R (W XLif trn RF under jnd rt hnds, fwd R cont RF trn, fwd L arnd M to end in bk of and to his lft sd/fwd R, fwd L) ; {Two Breaks} [rt arms up & over head] Chk bk L, rec R, sd L/cl R, sd L (W chk fwd R, rec L, sd R/cl L, sd R slidg behd M to his rt sd) ; Chk bk R, rec L, sd R/cl L, sd R (W chk fwd L, rec R, sd L/cl R, sd L slidg behd M to his lft sd) ;

05-08 LADY CIRCLE w/ SPIRAL & SPIN to TANDEM WALL ; OPPOSITE AIDA TWICE ; ; HOCKEY STICK ENDING ;

{W Circle w/ Spiral & Spin to Tandem WALL} Rk bk L, rec R, ipl L/R, L relsg rt hnds (W circle CW around M fwd R & spiral lft, fwd L to Wall, small fwd R comm spin LF trn/sd & fwd L cont LF trn, sd R compl LF trn & relsg rt hnds) to Tandem Wall no handhold ; {Opp Aida x 2} With LF swiv on L XRif, sd L trng RF to RLOD, bk R/ lk Lif, bk R (W with RF swiv on R XLif, sd R trng LF to LOD, bk L/lk Rif, bk L) ; Fwd L, fwd R trng ¼ LF to LOD, bk L/lk Rif, bk L (W fwd R, fwd L trng ½ RF to RLOD, bk R/lk Lif, bk R) ; {Hockey stick Ending} Bk R, bk L trng ¼ RF fcg Wall, sd R/cl L, sd & fwd R (W fwd L, R, fwd L comm LF trn/sd & bk R cont LF trn, bk L compl LF trn) to rt Hndshk DRW ;

09-12 TRADE PLACES TWICE ; ; TRADE PLACES/LADY INSIDE UNDERARM TURN ; LADY OUT to COH ;

{Trade Places x 2} [In rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc RLOD (W trn LF), slide bhd W sd L/cl R reachg lft hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (W ¼ LF) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc RLOD (W trn RF), slidg bhd W sd R/cl L reachg rt hnd to W's R forearm & slidg hnd dwn her arm, sd R trn ¼ LF (W ¼ RF) to fc Wall in rt hndshk ; {Trade Places/W Insd Undrm Trn} Apt L, [raisg jnd rt hnds] rec R comm to pass rt shldrs while trng ½ RF to fc COH, bk L/cl R, ipl L (W apt R, rec L, fwd R trng 7/8 LF undr jnd rt hnds/cl L, ipl R fcg COH) relsg hnds ; (W Out to COH) Rk apt R, rec L, fwd R/lk Lib L, ipl R (W fwd L twd COH, fwd R comm LF trn, sd L cont LF trn to fc WALL/cl R, ipl L) to no hndhld COH ;

13-14 FULL TURN CHASE M & W ; ;

{Full Trn Chase M & W} Fwd L trn ½ RF, rec R cont trn ½ RF, bk L/lk Rif, bk L (*W bk R, rec L, fwd R/lk Lib, fwd R*), -; Bk R, rec L, *fwd R/lk Lib, fwd R (W fwd L trn ½ RF, rec R cont trn ½ RF to fc ptr, bk L/lk Rif, bk L)* to rt Hndshk ;

BRIDGE

01-04 START CROSS BODY to TUMMY CHECK & BACK w/ rt Hndshk ; ; ; FINISH CROSS BODY ;

{Start X-Body to Tummy Check & Bk w/ rt Hndshk} Fwd L, rec R trng ¼ LF to RLOD, sd L/cl R, sd L (*W bk R, rec L, fwd R/lk Lib, fwd R*) ; [Stop the W w/ ld hnd] Lunge sd R, rec L, ipl R, L, R (*W [Both arms fwd] fwd L, rec R, ipl L, R, L*) ; Lunge sd L, rec R w/ rt hndshk, ipl L, R, L (*W bk R, rec L & rt hndshk, ipl R, L, R*) ; {Finish X-Body} Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (*W fwd L comm LF trn, fwd & sd R cont LF trn to COH, sd L/cl R, sd L*) to BFLY WALL ;

PART C

01-04 BACK BREAK to TRIPLE CHA'S to LOD ; ; AIDA to BACK TRIPLE CHA'S to LOD ; ;

{Bk Break to Triple Cha's to LOD} [Relg ld hands] XLif (*W XRif*) to OP LOD, rec R, w/ bdy trn twd ptr fwd L/lk Rib (*W lk Lib*), fwd L ; w/ Bdy trn awy from ptr fwd R/lk Lib (*W lk Rib*), fwd R, w/ bdy trn twd ptr fwd L/lk Rib (*W lk Lib*), fwd L ; {Aida to Bk Tripple Cha's} Thru R to fc LOD xg rt hnd ovr lft, relsg rt hnd sd L trng ½ RF fcg LOP RLOD, bk R/lk Lif, bk R to V bk-to-bk ; w/ Bdy trn twd ptr bk L/lk Rif (*W lk Lif*), bk L ; w/ Bdy trn awy from ptr bk R/lk Lif (*W lk Rif*), bk R to Aida Pos RLOD ;

05-08 SWITCH CROSS ; CRAB WALK ENDING ; REVERSE UNDERARM TURN ; WHIP & TWIRL ;

{Switch Cross} Trng LF to fc ptr bk & sd L, rec R to BFLY, XLif (*W XRif*)/sd R, XLif (*W XRif*) ; {Crab Walk Ending} sd R, XLif (*W XRif*), sd R/XLif (*W XRif*), sd R ; {Reverse Underarm Trn} [Raisg jnd ld hnds] XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (*W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R*) to rt Hndshk WALL ; {Whip & Twirl} [w/ rt hndshk] Bk R trng LF & ldg W acrs, rec L contg LF trn raisg rt arms (*W fwd L comm LF trn, fwd R cont LF trn fc Wall, sd & fwd L cont LF trn under jnd rt hnds/cont LF trn R, L*) sd R/cl L, sd R to BFLY COH ;

09-12 FENCE LINE w/ ARMSWEEP TWICE ; ; CHASE w/ UNDERARM PASS ; ;

{Fence Line w/ Armsweep x 2} XLif (*W XRif*) w/ bent knee ld arms circle CW (*W CCW*) ifo body, rec R, sd L/cl R, sd L ; XRif (*W XLif*) w/ bent knee trl arms circle CCW (*W CW*) ifo body, rec L, sd R/cl L, sd R to BFLY COH ; {Chase w/ Underarm Pass} Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (*W bk R, rec L, fwd R/cl L, fwd R twd M's lft sd*) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L*) to BFLY WALL ;

13-14 NEW YORKER TWICE ; ;

{New Yorker x 2} Thru L (*W thru R*) to LOP RLOD, rec R to fc & BFLY, sd L/cl R, sd L ; Thru R (*W thru L*) to OP LOD, rec L to fc, sd R/cl L, sd R to BFLY WALL ;

ENDING

01 AIDA to RLOD & EXTEND ARMS ;

{Aida to RLOD & Extend Arms} Thru L RLOD, sd R to fc relg ld hnds & jn trl hnds, trng LF bk L/lk Rif, bk L LOP LOD to V BK-TO-BK raisg ld hnds up & out ;