

# Right Foot First

Count: 32

Wall: 4

Level: Improver

Choreographer: Fred Whitehouse (IRE) - August 2024

Music: Right Foot First - Crash Adams



**Intro: 16 Counts, Start at approx 8 sec**

**SEC 1 Step, Heel Twist, Back, Touch Forward, Step, ½ Back, ¼ Side, Touch Behind**

- 1&2 Step right forward, twist both heels to right, twist both feet to centre
- 3-4 Step right back, touch left forward
- 5-6 Step left forward, turn ½ left step right back (6:00)
- 7-8 Turn ¼ left step left to left, touch right behind left (3:00)

**SEC 2 ¼ Step, Lock, Walk, Walk, Lock, Step, Step, ½ Pivot**

- 1-2 Turn ¼ right step right forward, lock left behind right popping right knee forward (6:00)
- 3-4 Step right forward, step left forward
- 5-6 Lock right behind left popping left knee forward, step left forward
- 7-8 Step right forward, pivot ½ left transferring weight on to left (12:00)

**SEC 3 Heel Switches, Clap, Back, Point, Step, Point**

- 1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 3-4 Touch right heel forward, clap
- 5-6 Step right back, point left to left
- 7-8 Step left forward, point right to right

**SEC 4 Cross, Side, Cross, Side, ¼ Jazzbox**

- 1-2 Cross right over left, step left to left
  - 3-4 Cross right over left, step left to left
  - 5-6 Cross right over left, turn ¼ right step left back (3:00)
  - 7-8 Step right to right, step left forward
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