

MY FIRST, MY LAST, MY EVERYTHING

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Music: Peter Grant (CD New Vintage Track 11)
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Footwork: Opposite except where noted
Rhythm/Phase Foxtrot VI **Speed:** 42-43 rpm to suit
Sequence: Intro-A-B-A-B(mod)-A(mod)-E **Release** July 2010, Rev 1.2 Sept 2010

INTRO

1 - 4 **WAIT ; TWISY VINE 8 W/SNAPS TO SCAR ; ; HOVER CROSS ENDING ;**
1 Open SCAR DC hands down to sides wait 1 measure bring up to chest on last beat;
QQQQ 2 XLIF bring hands down & snap fingers, sd R trng LF bring hands up to chest, XLIB hands
down & snap fingers, sd R trng RF hands up to chest(W XRIB, sd L, XRIF, sd L same snaps);
QQQQ 3 XLIF, sd R trng LF, XLIB, sd R trng RF same snaps (W XRIB, sd L, XRIF, sd L same snaps);
QQQQ 4 Blending to SCAR chk fwd L LOD, rec R, sd & fwd L DC, fwd R CBJO
(W chk bk R, rec L, sd & bk R, bk L);

PART A

1 - 4 **REVERSE WAVE ; ; BK FEATHER ; FEATHER FINISH ;**
SQQ 1 Fwd L, -, fwd R turning LF fc DRC, bk L(W bk R, - draw L heel past R turning LF cl L, fwd R);
SQQ 2 Bk R slight trn LF, -, bk L, bk R (W fwd L, -, fwd R, fwd L);
SQQ 3 Bk L, -, bk R rt sd lead, bk L CBJO (W fwd R, -, fwd L, fwd R CBJO);
SQQ 4 Bk R, -, sd & fwd L trng LF, fwd R CBJO DW (W fwd L, -, trng LF sd & bk R, bk L CBJO);

5 - 8 **3 STEP ; NATURAL HOVER CROSS ; ; DOUBLE REVERSE DW ;**
SQQ 5 Fwd L, -, fwd R slight curve LF, fwd L CP LOD (W R, -, bk L, bk R);
SQQ 6 Fwd R trn RF, -, fwd L cont trng RF, fwd R LOD(W bk L, -, draw R to L trn RF on R heel, bk L);
QQQQ 7 Ck L in SCAR, rec R, sd & fwd L, fwd R CBJO DC(W ck bk R, rec L, sd & bk R, bk L);
SS 8 Fwd L, -, fwd R trng LF fc RLOD bring L to R no weight, spin on R fc DLW
(SQ&Q) (W bk R, -, drw L past R take weight and trn lf on L heel, fwd R past M on toe trng LF/XLIF);

9 - 12 **CONTRA CHECK & SLIP ; DOUBLE RONDE TWIST TURN ; ; FEATHER FINISH ;**
SQQ 9 Check fwd L strong contra body(W look well to L), -, rec R trn LF, bk L CP DRW;
S-Q 10 Fwd R DRW cont RF trn ronde L leg CW,-, cont RF trn on R w/L leg ronde, sd L
(fwd L around M trng RF ronde R leg CW,-, cont RF trn on L w/R leg ronde, XRIB of L)
to CP DLW(Note: this part of the move turns slightly more than ½ turn);
&-Q 11 Lower and hook RIB of L for twist trn/unwind RF, cont RF unwind rising to R toe, -,
bk & slightly sd L
(&QSQ) (W run around M fwd L/fwd R, fwd L brush R to L trng square to M,-, fwd R LOD between M's
feet) to CP DLW(Note: Twist turn is 1 full turn);
SQQ 12 Bk R, -, sd & fwd L, fwd R CBJO DC (W fwd L, -, sd & bk R, bk L);

PART A (Cont)

- 13 - 16 **TELEFEATHER ; ; HOVER ; FEATHER ;**
SQ- 13 Fwd L, -, fwd R comm LF turn, bk L partial weight keep body to partner
(SQQ&) (W bk R, -, drw L past R take weight and trn lf on L heel, fwd R LOD/fwd L trng LF);
QQQQ 14 Cont trng LF trn full weight on L, fwd R LOD on toe cont LF trng, small sd L on toe, fwd R
CBJO DW (W small bk R on toe, cont LF trn cl L on toes, sd & bk R to DW, bk L):
SQQ 15 Fwd L, -, sd & fwd R rise to toe(W brush R to L no weight), rec L SCP DC;
SQQ 16 Thru R, -, fwd L, fwd R BJO DC(W thru L, -,fwd R trng LF, bk R);

PART B

- 1 - 4 **DOUBLE REVERSE ; CHECK REV & SLIP ; NATURAL WEAVE ; ;**
SS 1 Fwd L, -, fwd R trng LF fc RLOD bring L to R no weight, spin on R fc LOD
(W bk R, -, drw L past R take weight and trn lf on L heel, fwd R past M on toe trng LF/XLIF);
SQQ 2 Fwd L, -, chk fwd & sd R trng body LF, rec L trng LF CP DW
(W bk R, -, cl L to R heel turn rising to toes, rec R trng RF CP);
SQQ 3 Fwd R, -, fwd L trng RF, bk R rt sd lead to CBJO fc DRW(W bk L, -, bring R to L heel turn RF,
fwd L DC);
QQQQ 4 Bk L, bk R to CP trng LF, sd & fwd L, fwd R CBJO DW;
- 5 - 8 **3 STEP ; NAT PIVOT PREP ; SAME FOOT LUNGE ; TELEFEATHER END DC ;**
SQQ 5 Fwd L, -, fwd R slight curve LF , fwd L CP LOD (W R, -, bk L, bk R);
SQ- 6 Fwd R comm. RF turn, -, sd & bk L pvt RF fc COH, tch R no wt
(SQQ) (W bk L comm. RF tun, -, fwd R between M/s ft pvt RF fc DRW, cl L):
S- 7 Relax L knee & reach sd & slightly fwd R with L sway, -, transfer wt to R sway R look to R,
(S-&) sway L & rotate upper body to R/rotate to L comm. LF transfer to L leading W to rec to L(W relax
L knee & reach bk with R toe well under body, - transfer wt to R strong body trn to L look L,
rotate upper body RF look R slight sway to R/rec L trng LF);
QQQQ 8 Transfer weight to L cont trng LF, fwd R RLOD on toe cont slight LF trn, small sd L on toe,
fwd R CBJO DLC (W small bk R on toe, comm LF trn cl L on toes, sd & bk R to DC, bk L):
- 9 - 12 **TELEMARK SCP ; OPEN NATURAL ; HESITATION CHNGE ;**
 TRAVELING CONTRA CHECK ;
SQQ 9 Fwd L rising to toe, -, sd & fwd R trng LF, fwd L DW SCP(W bk R, -, drw L past R take weight
and trn lf on L heel, fwd R);
SQQ 10 Thru R, -, fwd & sd L across W, bk R CBJO RLOD (W thru L, -, fwd R, fwd L);
SS 11 Bk L no rise, -, trng RF sd & fwd R CP DLC, draw L to R no wt (W fwd R, -, trng RF sd & bk L,
draw R to L no wt)
SQQ 12 Fwd L with contra body motion upper body turned to left, -, cl R to L with rt sway rise sharply to
toes, fwd L SCP LOD (W bk R contra body, -, cl L to R trng RF rising to toes, fwd R SCP);

PART B (Cont)

- 13 - 18 **THRU THROWAWAY OVERSWAY ; REC OPPOSITION POINTS ; RISE & SLIP ; ZIG ZAG 4 ; HOVER CROSS ENDING ; TO A TOP SPIN ;**
- S&- 13 Thru R trng body to CP, -/cl L to R comm. LF body turn lowering on L, cont lower & rotate LF extend R to RLOD toe to floor (W thru L, /cl R trng LF, lower on L extend R bk to LOD head to left, cont lower);
- &- 14 Rise on L trng RF bring W to CP, -/cl R to L with slight LF turn, lower on R trng body RF extend L to LOD
- (-- (W rise on L trng RF to CP, -/tch L to R no wt slight LF trn, lower on R trng body RF extend L to RLOD);
- QQ 15 Rise on R, -, cl L to R, bk L under body trng LF to CP DC (W rise on R, -, cont rise, fwd L trng LF to CP) ;
- QQQQ16 Fwd L , sd R trng LF, XLIB, sd R trng LF SCAR DC (W XRIB, sd L trng LF, XRIF, sd L trng RF);
- QQQQ17 Chk fwd L LOD, rec R, sd & fwd L DC, ck fwd R CBJO comm LF spin (W chk bk R, rec L, sd & bk R, bk L/spin LF);
- QQQQ18 Bk L dw, bk R to CP trng LF, sd & fwd L, fwd R CBJO DW(W fwd R, fwd L CP trn LF, sd & bk R, bk L):

PART A

- 1 - 4 **REVERSE WAVE ; ; BK FEATHER ; FEATHER FINISH ;**
- 5 - 8 **3 STEP ; NATURAL HOVER CROSS ; ; DOUBLE REV DW ;**
- 9 - 12 **CONTRA CHECK & SLIP ; DOUBLE RONDE TWIST TURN ; ; FEATHER FINISH ;**
- 13 - 16 **TELEFEATHER ; ; HOVER ; FEATHER ;**

PART B (Mod)

- 1 - 4 **DOUBLE REVERSE ; CHECK REV & SLIP ; NATURAL WEAVE ; ;**
- 5 - 8 **3 STEP ; NAT PIVOT PREP ; SAME FOOT LUNGE ; TELEFEATHER END DC ;**
- 9 - 12 **TELEMARK SCP ; OPEN NATL ; HESITATION CHNGE ; TRAV CONTRA CHECK ;**
- 13 - 15 **THRU THROWAWAY OVERSWAY ; REC OPPOSITION POINTS ; RISE & SLIP ;**
- 16 - 20 **ZIG ZAG 4 ; HOVER CROSS END ; TOP SPIN ; TOP SPIN CHECK ; HES CHNGE ;**
- Repeat meas 16 – 17 part B ; ; repeat meas 18 part B to slight LF spin commencing 2nd Top Spin to RLOD;
- QQQQ19 Bk L RLOD, bk R to CP, bk & sd L trng LF, fwd R CBJO checking (W fwd R, fwd L, fwd & sd R trng LF, bk L);
- SS Repeat meas 11 part B;

PART A (Mod)

- 1 - 4 **REVERSE WAVE ; ; BK FEATHER ; FEATHER FINISH ;**
- 5 - 8 **3 STEP ; NATURAL HOVER CROSS ; ; DOUBLE REV DW ;**
- 9 - 12 **CONTRA CHECK & SLIP ; DOUBLE RONDE TWIST TURN ; ; FEATHER FIN ;**
- 13 – 14 **TELEFEATHER ; ; HOVER TELEMARK ; CURVED FEATHER ;**
- Repeat part A measures 13 & 14 ; ;
- SQQ 15 Fwd L CP , -, fwd R rise to toe trng body RF, fwd L SCP DW (W bk R, - bk L trng RF, fwd R);
- SQQ 16 Thru R, -.sd & fwd L trng RF, fwd R DW CBJO (W thru L, slight LF trn sd R, trng RF bk L);

END

- 1 - 6 **HEEL PULL CURVED FEATHER 2X ; ; BK TWISTY VINE 4 ; BK PREP ; SAME FOOT LUNGE ; CHANGE SWAY ;**
- QQQQ 1 Bk L pulling R heel to L, trng RF sd R fc LOD with left side sway , swinging left side forward step fwd L cont RF trn changing sway to rt, cont RF turn fwd R CBJO DRW (W fwd R, sd & fwd L trng RF, bk R trng RF, bl L CBJO);
- QQQQ 2 Repeat meas 1;
- QQQQ 3 Bk L trng RF, sd R cont RF turn, XLIF, SD R trn LF (W fwd R, trng RF sd L, XRIB, trn LF sd L);
- QQQQ 4 BK L, -, trng RF tch R to L fc COH (W fwd R, - trng RF cl fc DRW);
- S - 5 Relax L knee & reach sd & slightly fwd R with L sway, -, transfer wt to R sway R look to R, - (W relax L knee & reach bk with R toe well under body, - transfer wt to R strong body trn to L look L, -);
- 6 Rotate upper body RF look R slight sway to R, -, -, -;