

**Count:** 32    **Wall:** 4    **Level:** Improver

**Choreographer:** Fred Whitehouse (IRE) - August 2024

**Music:** Right Foot First - Crash Adams



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

**SEC 1 Step, Heel Twist, Back, Touch Forward, Step, 1/2 Back, 1/4 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 1/2 left step right back (6:00)
- 7-8        Turn 1/4 left step left to left, touch right behind left (3:00)

**SEC 2 1/4 Step, Lock, Walk, Walk, Lock, Step, Step, 1/2 Pivot**

- 1-2        Turn 1/4 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 1/2 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, 1/4 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 1/4 right step left back (3:00)
- 7-8        Step right to right, step left forward