

# La Premier

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**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Jasmine Leong (May 2013)

**Music:** La Première Fois by Shy'm

**Start dance after 4x8's.**

## **SET 1: WALK 2X, PIVOT ½L, STEP ½L BACK, STEP BACK, R COASTER, KICK OUT OUT**

- 1-2**      Step RF fwd, Step LF fwd 12:00
- 3&4**      Step RF fwd, Pivot ½L shifting weight on LF, Step ½L on RF 12:00
- 5,6&7**      Step LF back, Step RF back, Step LF next to RF, Step RF fwd 12:00
- 8&1**      Kick LF, Step LF to L, Step RF to R (keep weight at the center) 12:00

## **SET 2: R HIP BUMPS, L HIP BUMPS, SLIDE IN & BACK, BODY ROLL, SIT**

- 2&3**      Hip bumps R,L,R 12:00
- 4&5**      Hip bumps L,R,L 12:00
- 6-7**      Slide RF in, Slide RF back with upper body bent fwd 12:00
- 8-1**      Roll upper body backward into a sit on right hip 12:00

## **SET 3: KICK & POINT, SHOULDER POP, ¼R SAILOR FWD, FWD MAMBO PUSH HIP BACK**

- 2&3**      Kick LF, Step LF next to RF, Point RF to R pull both shoulders backward opening chest 12:00
- 4**      Pop shoulders forward (closing chest) 12:00
- 5&6**      Turn ¼R stepping RF behind LF, Step LF to L, Step RF fwd 3:00
- 7&8**      Rock LF fwd, Recover on RF, Step LF next to RF bending over slightly at waist and pushing hips back (weight on LF) 1:30

## **SET 4: CROSS SIDE, BEHIND SIDE CROSS ROCK, RECOVER, 1/4R FWD, 1/4R POINT, DRAG BALL**

- 1-2**      Cross RF over LF, Step LF to L, 1:30
- 3&4**      Cross RF behind LF, Step LF to L, Cross rock RF over LF diag 3:00
- 5-6**      Recover LF, ¼R stepping RF fwd 6:00
- 7¼R on RF point LF L 6:00**
- 8&**      Drag LF in (8), Step on LF ball 9:00

**Tag: On 7th Wall (facing 6:00), do this 16 counts tag followed by Set 3 & 4 of the main dance**

**For arm motions, please refer to video. It's not as hard as it seems to be!**

**SET A: STEP HOLD, ½L PIVOT HOLD, STEP HOLD, ½L PIVOT HOLD**

**1-4** Step RF fwd, Hold, ½L shifting weight on LF, Hold (open both arms from top to sides) 12:00

**5-8** Step RF fwd, Hold, ½L shifting weight on LF, Hold (open both arms from top to sides) 6:00

**SET B: SWAY RIGHT, SWAY LEFT, SWAY RIGHT, SIT**

**1-2** Step RF to R and sway to R (Raise R arm to R side - shoulder level) 6:00

**3-4** Sway to L (L hand touch R arm and swing both arms to the left - shoulder level) 6:00

**5-6** Sway to R (With R hand still on L arm, now swing both arms over the top of head) 6:00

**7-8** Continue arms until L elbow is bent with L hand touch R shoulder & R hand reaches hip 6:00

**1** Sit on R hip

**Then continue the dance with Set 3 and Set 4.**

**SPECIAL THANKS to Jennifer Choo for suggestions and motivation to finish this dance.**

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