

Baby, I Loved You First

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Kyla McNally (USA) & Matt Tomrell (USA) - August 2026

Music: Loved You First - One Direction



2 Restarts 1 Tag

SECTION1: HEEL GRIND X2, HEEL GRIND ¼, COASTER STEP

- 1,2& Step R heel in front of L foot, toe pointing left(1), grind R heel into floor, fanning toe to the R and taking weight(2), step right next to left(&)
- 3,4& Step L heel in front of R foot, toe pointing right(3), grind L heel into floor, fanning toe to the L and taking weight(4), step right next to left(&)
- 5,6 Step R heel in front of L foot, toe pointing left(5), grind R heel into floor while turning ¼ turn to the R, recover on L(6)
- 7&8 Step R foot back(7), step L foot back next to R(&), Step R fwd(8)

SECTION 2: FWD ROCK RECOVER, TRIPLE ½, ½ SWEEP, TRIPLE CROSS

- 1,2 Rock L foot fwd(1), recover on R(2)
- 3&4 Step L ¼ turn over L shoulder(3), step R next to L(&), Step L ¼ turn over L shoulder(4) (9:00)
- 5,6 Sweep right foot around(5) turning a ½ (6) facing 3:00
- 7&8 Cross R foot over L(7), step L to L(&), Step R foot over L(8)

*** Both restarts happen here at that cross shuffle. You'll do a & count by stepping L to the L squaring up to 9:00 to be able to restart back on the heel grinds. Walls 2 & 6

SECTION 3: ¼ SIDE ROCK RECOVER, TRIPLE FULL TURN, STEP OUT SWAY

- 1,2 ¼ Rock L(1), recover R(2)
- 3&4 Full turn over L shoulder tripling in place L,R,L
- 5,6 Sway hips R, sway hips L
- 7,8 Sway hips R, swap hips L

Styling option: instead of swaying you can do applejacks

Section 4: ½ PIVOT, ½ PIVOT, HOLD, OUT OUT, STEP ¼ TURN

- 1,2 Step R foot fwd(1), pivot ½ turn over L shoulder(2)
- 3,4 Step R foot fwd(3), pivot ½ turn over L shoulder(4)
- 5,6& Hold(5) Step R foot out(6), step L foot out(&)
- 7:8: step R foot fwd(7), Pivot ¼ turn(8) facing 3:00

Tag happens on wall 4 at the end of the 32 count your facing 3:00

TAG: CROSS, 1 ¼ TURN, L SAMBA, R SAMBA

- 1,2,3,4 Step R over L(1), unwind 1 ¼ turn over your L shoulder
- 5&6 Cross R over L(5), Rock L foot to the L(&), recover weight onto R(6)
- 7&8 Cross L over R(7), rock R foot to the R(&), recover weight onto L(8)