

# The First Thing

Count: 72

Wall: 4

Level: Intermediate Waltz

Choreographer: Debbie McLaughlin (UK) - May 2010

Music: The First Thing - Esmée Denters : (Album: Outta Here)



Count In: On lyrics – 12 counts from start of track.

Start facing 3 o clock wall – The first step will bring you to face 12 o clock.

## STEP ¼ SWEEP, CROSS SIDE BEHIND

1-2-3 Step forward on L, sweep R round making ¼ turn L, hold count 3 (12 o clock)

4-5-6 Cross R over L, Step L to L, Cross R behind L,

## LUNGE, 2, 3, BACK, ½ TURN, ¼ TURN

1-2-3 Making ¼ turn L, lunge forward onto L, hold counts 2-3 (9 o clock)

4-5-6 Recover back onto R, making ½ turn L step forward on L, making ¼ turn L step R to R (12 o clock)

## CROSS, POINT, HOLD, TURN, POINT, HOLD

1-2-3 Cross L over R, Touch R to R side, Hold

4-5-6 Make a full turn over R shoulder stepping R in place, Touch L to L side (this is basically a full monterey turn), Hold count 3 (12 o clock)

## CROSS, SIDE, BACK, BACK, SIDE, CROSS

1-2-3 C ross L over R, Step R to R side, making 1/8 turn L step back on L (facing 10 o clock)

4-5-6 S till facing 10 o clock step back on R, straightening up to 9 o clock wall step L to L, Step forward R towards L diagonal (7 o clock)

## CROSS, SIDE, BACK, BACK, SIDE, CROSS

1-2-3 Making 1/8 turn L (to face 6 o clock) cross L over R, Step R to R side, making 1/8 turn L step back on L (facing 4 o clock)

4-5-6 Still facing 4 o clock step back on R, straightening up to 3 o clock wall step L to L, Cross R over L

## SIDE, 2, 3, SIDE, 2, 3

1-2-3 Step big step L to L, Drag R to L, Touch R beside L (Optional – Sway body to L)

4-5-6 Step big step R to R, Drag L to R, Touch L beside R (Optional – Sway body to R)

## BEHIND, SIDE, CROSS, ROCK, RECOVER, CROSS

1-2-3 Step L behind R, Step R to R side, Cross L over R

4-5-6 Rock R out to R side, Recover back onto L, Cross R over L

## ¼ TURN, ½ TURN, STEP, ROCK, RECOVER, TOUCH

1-2-3 Making ¼ turn R step back on L, Making ½ turn R step forward on R, Step forward on L

4-5-6 Rock forward onto R, Recover back onto L, Touch R next to L (12 o clock)

\*\*\*This is where your first tag will be\*\*\*

## STEP ¼ SWEEP, CROSS, ¼ TURN, ¼ TURN

1-2-3 Step forward on R, Make ¼ turn R sweeping L around over 2 counts (3 o clock)

4-5-6 Cross L over R, make ¼ turn L stepping back on R, Make ¼ turn L stepping L to L side

## CROSS, UNWIND, PREP, UNWIND & SWEEP

- 1-2-3 Cross R over L and unwind a full turn L over 3 counts (you should end up with L leg crossed over R, weight on L - you need to prep your body to reverse this turn on the next step)
- 4-5-6 Unwind a full turn R over 3 counts, finish with weight on L sweeping R around from front to back (facing 9 o'clock)

**BEHIND, ROCK, RECOVER, BEHIND ¼ TURN, ¼ TURN**

- 1-2-3 Cross R behind L, Rock L out to L side, Recover back onto R
- 4-5-6 Cross L behind R, make ¼ turn R stepping forward R, make ¼ turn R stepping L to L side (facing 3 o'clock)

**BEHIND, HITCH, BEHIND, ¼ ROCK, RECOVER, BALL**

- 1-2-3 Cross R behind L, Hitch L knee up, Step L behind R
- 4-5-6 Make ¼ turn R rocking forward onto R, Recover back onto L, Step back slightly on ball of R - Preparing to step forward L to start the dance again

**(You will end facing 6 o'clock, ready to step sweep ¼ turn L to face 3 o'clock on first three counts of dance)**

**TAG 1:**

**During Wall 2 - After 48 counts, do the below tag and then restart the dance (you will start tag facing 3 o'clock, and end facing 9 o'clock ready to step ¼ sweep to face 6 o'clock on first three counts of dance)**

**STEP ¼ SWEEP, BACK, ¼ TURN, ½ TURN**

- 1-2-3 Step forward on R, Make ¼ turn R sweeping L around over 2 counts
- 4-5-6 Cross L over R, Make ¼ turn L stepping back on R, Make ½ turn L spinning on R foot (L leg should end slightly crossed over R ready to start dance again)

**TAG 2:**

**After finishing the 4th Wall – facing 3 o'clock**

**WALK L, 2, 3, WALK R, 2, 3**

- 1-2-3 Walk forward L, Drag R to L for 2 counts
- 4-5-6 Walk forward R, Drag L to R for 2 counts

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