For The First Time (一見鍾情) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

编舞者: Niels Poulsen (DK) - 2009年07月

音乐: For the First Time - Rod Stewart : (CD: If We Fall in Love Tonight 96)

前奏： Intro: 16 counts from first beat (app. 16 seconds into track). Start with weight on R

第一段 **¼ L, Jazz ¼ R, Walk 1/8 R, Cross Turn Turn, Basic R, Side Step L, Twist ¼ R**
左1/4, 爵士方塊右1/4, 走右1/8, 交叉轉轉, 右基本, 左側踏, 旋轉右1/4

1 Turn ¼ L stepping fw on L and sweeping R foot fw (1) [9:00]
左轉90度左足前踏右足繞前(面向9點鐘)

2&3& Cross R over L (2), turn ¼ R stepping back on L (&), step R to R side (3), turn 1/8 R walking fw on L (&) [1:30]
右足於左足前交叉踏, 右轉90度左足後踏, 右足右踏, 右轉45度左足前走(面向1:30)

4&5 Square up to 3:00 crossing R over L (4), turn ¼ R stepping back on L (&), turn ¼ R stepping R a big step to R side (5) [9:00]
右轉45度右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右一大步(面向9點鐘)

6&7 Bring L behind R (6), cross R over L (&), step L to L side (7) [9:00]
左足於右足後踏, 右足於左足前交叉踏, 左足左踏(面向9點鐘)

8 Twist both heels ¼ L turning body ¼ R (8) (weight R) [12:00]
雙足踵左旋轉90度身體右轉90度(重心在右足)(面向12點鐘)

*** RESTARTS here on wall 3 restart facing 3:00 and wall 6 restart facing 9:00**
第三面牆面向6點鐘及第六面牆面向9點鐘跳至此從頭起跳

第二段 **½ L, Cross, Side Rock L, Full Turn Sweep, Cross, Basic R, Back Back Cross, ¼ L**
左1/2, 交叉, 側下沉, 轉圈, 交叉, 右基本, 後 後 交叉, 左1/4

1 Unwind ½ L onto L foot sweeping R foot fw (1) [6:00]
重心在左足左繞轉180度右足繞至前(面向6點鐘)

2&3 Cross R over L (2), rock L to L side (&), recover on R turning ¼ R starting to sweep L to L side (3). [9:00]
右足於左足前交叉踏, 左足左下沉, 右足回復右轉90度左足繞(面向9點鐘)

Option:
Do a pirouette full turn instead on count 3 and 4 (A pirouette: full turn on ball of one foot touching the inside of your knee with the non-turning foot)
第3,4拍合起來是一個芭蕾轉圈

4&5 Turn ¾ R on R finishing full turn (4), cross L over R (&), step R a big step to R side (5) [6:00]
重心在右足右轉270度與第3拍完成一個轉圈, 左足於右足前交叉踏, 右足右一大步(面向6點鐘)

6&7 Bring L behind R (6), cross R over L (&), step back on L (7) [6:00]
左足於右足後踏, 右足於左足前交叉踏, 左足後踏(面向6點鐘)

&8& Step back on R (&), cross L over R (8), turn ¼ L stepping back on R (&) [3:00] 右足後踏, 左足於右足前交叉踏, 左轉90度右足後踏(面向3點鐘)

第三段 **½ L, Walk R L, Step Turn Turn, ¼ L Into Sway L R, ¼ L, ½ L**
左1/2, 走, 走, 踏轉轉, 左1/4擺臀, 右擺臀, 左1/4, 左1/2

1 Turn ½ L stepping fw on L (1) [9:00]
左轉180度左足前踏(面向9點鐘)

2–3 Drag and cross R fw and over L (2), drag and cross L fw and over R (3) [9:00] 右足繞至左足前交叉踏, 左足繞至右足前交叉踏(面向9點鐘)

4&5 Step fw on R (4), turn ½ L stepping onto L (&), turn ½ L stepping back on R (5) [9:00]
右足前踏, 左轉180度左足踏, 左轉180度右足後踏(面向5點鐘)

6–7 Turn ¼ L stepping L to L side into a sway with upper body (6), recover R into a sway and a slight twist with your upper body to R side (7) [6:00] 左轉90度左足左踏帶擺臀, 右擺臀(面向6點鐘)

8& Turn ¼ L stepping L fw (8), turn ½ L stepping back on R (&) [9:00]
左轉90度左足前踏, 左轉180度右足後踏(面向9點鐘)

*** TAG + RESTART on** wall 8 **after 24 counts, facing 3:00 and step ¼ L swaying L (1), swaying R (2), then restart dance turning ¼ L to face 12:00**
第八面牆跳到第24拍面向3點鐘時, 右二拍:左轉90度左擺臀, 右擺臀後從頭起跳(面向12點鐘)

第四段	**¼ L, 1/8 L Walk, Step ½ R, Fw L, Full Turn L, 1/8 L Cross Rock & Cross Rock** **左1/4, 左1/8走, 踏右1/2, 左前, 左轉圈, 左1/8交叉下沉, 交叉下沉**
1	Turn ¼ L stepping onto L (1) - Note: steps 8&1 are a L rolling vine [6:00] 左轉45度左足踏(8&1連成一個轉華倫)
2&3	Turn 1/8 L walking fw on R (2), step fw L (&), turn ½ R stepping fw on R (3) [10:30] 左轉45度右足前走, 左足前踏, 右轉180度右足前踏(面向10:30)
4&5	Step fw on L (4), turn ½ L stepping back on R (&), turn ½ L stepping fw on L (5) [10:30] 左足前踏, 左轉180度右足後踏, 左轉180度左足前踏(面向10:30)
6–7	Sweep R foot 1/8 L into a cross rock with R over L (6), recover weight to L (7) [9:00] 右足左繞45度於左足前交叉下沉, 左足回復(面向9點鐘)
&8&	Step R a small step to R side (&), cross rock L over R (8), recover weight to R (&) [9:00] 右足右踏, 左足於右足前交叉下沉, 右足回復(面向9點鐘)