

For The First Time

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Niels Poulsen (DK) - July 2009
音乐: For the First Time - Rod Stewart : (CD: If We Fall in Love Tonight '96)



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

*** 2 RESTARTS:** On wall 3 and 6. On both walls do the first 8 counts, then restart from count 1. On wall 3 you restart facing 6:00 and on wall 6 you restart facing 12:00

*** 1 EASY TAG:** On wall 8, after 24 counts, facing 3:00. Turn and step $\frac{1}{4}$ L swaying L (1), swaying R (2), then restart dance (facing 3:00) turning $\frac{1}{4}$ L to face 12:00 on your first count

NOTE: This dance is dedicated to Guyton Mundy

Extra note: A big THANK YOU to Lennie and Bjarne for telling me about this awesome track!

(1–8) $\frac{1}{4}$ L, Jazz $\frac{1}{4}$ R, Walk $\frac{1}{8}$ R, Cross Turn Turn, Basic R, Side Step L, Twist $\frac{1}{4}$ R

- 1 Turn $\frac{1}{4}$ L stepping fw on L and sweeping R foot fw (1) [9:00]
2&3& Cross R over L (2), turn $\frac{1}{4}$ R stepping back on L (&), step R to R side (3), turn $\frac{1}{8}$ R walking fw on L (&) [1:30]
4&5 Square up to 3:00 crossing R over L (4), turn $\frac{1}{4}$ R stepping back on L (&), turn $\frac{1}{4}$ R stepping R a big step to R side (5) [9:00]
6&7 Bring L behind R (6), cross R over L (&), step L to L side (7) [9:00]
8 Twist both heels $\frac{1}{4}$ L turning body $\frac{1}{4}$ R (8) (weight R) [12:00]

*** RESTARTS here on wall 3 restart facing 3:00 and wall 6 restart facing 9:00**

(9–16) $\frac{1}{2}$ L, Cross, Side Rock L, Full Turn Sweep, Cross, Basic R, Back Back Cross, $\frac{1}{4}$ L

- 1 Unwind $\frac{1}{2}$ L onto L foot sweeping R foot fw (1) [6:00]
2&3 Cross R over L (2), rock L to L side (&), recover on R turning $\frac{1}{4}$ R starting to sweep L to L side (3). [9:00]

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)

- 4&5 Turn $\frac{3}{4}$ R on R finishing full turn (4), cross L over R (&), step R a big step to R side (5) [6:00]
6&7 Bring L behind R (6), cross R over L (&), step back on L (7) [6:00]
&8& Step back on R (&), cross L over R (8), turn $\frac{1}{4}$ L stepping back on R (&) [3:00]

(17–24) $\frac{1}{2}$ L, Walk R L, Step Turn Turn, $\frac{1}{4}$ L Into Sway L R, $\frac{1}{4}$ L, $\frac{1}{2}$ L

- 1 Turn $\frac{1}{2}$ L stepping fw on L (1) [9:00]
2–3 Drag and cross R fw and over L (2), drag and cross L fw and over R (3) [9:00]
4&5 Step fw on R (4), turn $\frac{1}{2}$ L stepping onto L (&), turn $\frac{1}{2}$ L stepping back on R (5) [9:00]
6–7 Turn $\frac{1}{4}$ 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]
8& Turn $\frac{1}{4}$ L stepping L fw (8), turn $\frac{1}{2}$ L stepping back on R (&) [9:00]

*** TAG + RESTART on wall 8 after 24 counts, facing 3:00 and step $\frac{1}{4}$ L swaying L (1), swaying R (2), then restart dance turning $\frac{1}{4}$ L to face 12:00**

(25–32) $\frac{1}{4}$ L, $\frac{1}{8}$ L Walk, Step $\frac{1}{2}$ R, Fw L, Full Turn L, $\frac{1}{8}$ L Cross Rock & Cross Rock

- 1 Turn $\frac{1}{4}$ L stepping onto L (1) - Note: steps 8&1 are a L rolling vine [6:00]
2&3 Turn $\frac{1}{8}$ L walking fw on R (2), step fw L (&), turn $\frac{1}{2}$ R stepping fw on R (3) [10:30]
4&5 Step fw on L (4), turn $\frac{1}{2}$ L stepping back on R (&), turn $\frac{1}{2}$ L stepping fw on L (5) [10:30]
6–7 Sweep R foot $\frac{1}{8}$ L into a cross rock with R over L (6), recover weight to L (7) [9:00]
&8& Step R a small step to R side (&), cross rock L over R (8), recover weight to R (&) [9:00]

Start again... and ENJOY!
