For The First Time

Ebene: Intermediate

Choreograf/in: Yona Mirda (INA) - July 2024 Musik: For the First Time - Rod Stewart

Intro: 16 Count ***3 Tags - No Restarts

SECTION I - BASIC NC R-L. SPIRAL ¾ TURN L.WALK L-R-L. RECOVER. ½ TURN L

- 1-2& Step R to side, Cross L Slightly behind R, Cross R over L
- 3-4& Step L to side, Cross R Slightly behind L, Cross L over R
- 5-6& Step R to side with spiral ³/₄ turn Left, Step L forward, Step R forward
- 7-8& Rock L forward, recover on R, 1/2 turn Left step L forward

SECTION II - FORWARD SWEEP, CROSS, SIDE, BEHIND SWEEP, BEHIND, 4 TURN L, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS

- Step R Forward with sweep L to front, Cross L over R, Step R to side 1-2&
- 3-4& Cross L Behind R with sweep R to back, Cross R behind L, ¼ turn Left step L forward
- 5-6& Step R to side, Cross L behind R, Step R to side
- 7&8& Cross L over R, Recover on R, Step L to side, Cross R over L

SECTION III - ¾ R DIAMOND, WALK L-R

- 1-2& Step L to side, 1/8 turn Right step R back, Step L back
- 3-4& 1/2 turn Right step R to side, 1/2 turn Right step L forward, Step R forward
- 5-6& 1/2 turn Right step L to side, 1/2 turn Left step R back, Step L back
- 7-8& 1/8 turn Right step R to side, Step L forward, step R forward

SECTION IV - FORWARD SWEEP, WEAVE, CROSS ROCK, RECOVER, SWAY R-L, ROLLING VINE

- Step L forward with sweep R to front, Cross R over L, Step L to side 1-2&
- 3&4& Cross R behind L, Step L to side, Rock R over L, Recover on L
- 5-6 Step R to side with sway R, Sway L
- 1/4 turn Right step R forward, 1/2 turn Right step L back, 1/2 turn Right step forward, 1/2 turn 7&8& Right step L back

*1+1/4 turn Right as you step R to side to start the dance or do the Tag

Tag: 8 counts after wall 2, 4 and 6

SWAY R- L-R-L, FORWARD, CHASE TURN R, ½ L PIVOT

- 1 4 Sway R, sway L, sway R, sway L
- 5-6& Step R forward, step L forward, 1/2 turn Right step R in place
- 7-8&. Step L forward, step R forward, 1/2 turn Left step L in place

Ending: 4 Counts after Tag 3

1/2 TURN LEFT WALK AROUND

1 - 4 Step R forward, ¼ turn Left Step L forward, ¼ turn Left Step R forward, step L forward

Enjoy your dance

Contact me: Email : yonamirdacepheppy@gmail.com



Count: 32

Wand: 4