

For The First Time

拍数: 32 墙数: 2 级数: Advanced NC2S
编舞者: Melissa Kochi (NL) & Conny van Dongen (NL) - February 2019
音乐: For The First Time by Steve Warriner - BPM: 64



Note : Tag after wall 2 & 4

SIDE ROCK STEP, FULL TURN WITH RONDÉ, CROSS, 1/4 TURN STEP BACK, SIDE STEP, CROSS ROCK STEP, BASIC STEPS

1-2 LF side step, RF replace weight
3 LF full turn L with rondé of RF
4& RF cross, LF 1/4 turn R and step back
5-6& RF side step, LF cross, RF replace weight
7-8 LF side step, RF together 3rd pos., LF cross

1/4 TURN STEP FORW., ROCK STEP, 1/2 TURN STEP FORW., PIVOT TURN, 1/4 TURN BASIC STEPS, 1/8 TURN L STEP FORW., HITCH & STRETCH LEG

1-2& RF 1/4 turn R step forw., LF sweep & step forw., RF replace weight
3 LF 1/2 turn L step forward
4& RF step forw., 1/2 turn L
5-6& RF 1/4 turn L side step, LF together 3rd pos., RF cross
7-8 LF 1/8 turn L step forw., RF lift knee & stretch leg

1/2 TURN STEP FORW., 1/2 TURN STEP BACK, 3/8 TURN STEP FORW., 1/4 PIVOT TURN, FIG 4 R & L, CROSS, UNWIND

1-2& RF 1/2 turn (leg still lifted), R step forw., LF 1/2 turn R step back
3 RF 3/8 turn R step forw.
4-5 LF step forw., 1/4 turn R (weight on RF)
6-7 LF hitch across RF to R, turn knee out and across RF to L
8& LF cross, unwind full turn

BASIC STEPS, WALK 3/4 TURN L, ROCK STEP, 1/2 TURN, STEP FORW., CHAINEE TURN

1-2& RF side step, LF together 3rd pos., RF cross
3-4& walk 3/4 turn L stepping L-R-L
5-6 RF step forw., LF replace weight
7 RF 1/2 turn R step forw.
8 LF together, full turn

TAG: 8 CNT: AFTER WALLS 2 & 4:

CROSS ROCK STEP, SIDE STEP X2, SWAYS 3X, TOGETHER

1-2& LF cross, RF replace weight, LF side step
3-4& RF cross, LF replace weight, RF side step
5-7 sway L-R-L
8 RF together (with weight)

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