

# For The First Time

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Noel Roos (SA) - April 2020  
音乐: For the First Time - Rubber Duc



## #32 Count Intro

### SECTION 1: WALK X2, ANCHOR STEP, FULL TURN BACK, SWEEP, 1/4 TURN SAILOR STEP

1-2            Walk Forward Rl  
3&4           Step R Beside L, Step L In Place, Step R In Place  
5-6           Turn 1/2 Left Stepping L Forward, Turn 1/2 Left Stepping Back On R Sweeping L From Front  
7&8           1/4 Turn Left Doing Sailor Step Lrl (09:00)

### SECTION 2: WALK X2, MAMBO GRIND, BACK X2 WITH TOE FANS, COASTER STEP

1-2            Walk Forward Rl  
3&4           Grind R Heel Forward, Recover, Step R Back  
5-6           Walk Back Lr While Fannig Toes Out To Sides  
7&8           Step Back L, Step R Beside L, Step Forward L

### SECTION 3: 1/4 PIVOT WITH HIP ROLL, HIP ROLL, KICK BALL CHANGE, PIVOT 1/2 TURN

1-2            Step R Forward, Pivot 1/4 Turn Left With Hip Roll Onto R (Keep Weight On R) (06:00)  
3-4            Roll Hips Onto L  
5&6           Kick R Forward, Replace R Beside L, Step L In Place  
7-8            Step R Forward, Pivot 1/2 Turn Left (12:00)

### SECTION 4: ROCK AND CROSS X2, SCOOP, STEP BACK WITH 1/4 TURN, POINT, REPLACE

1&2            Rock R To Side, Recover, Step R Over L  
3&4            Rock L To Side, Recover, Step L Over R  
5-6            Scoop R Forward Then Step Back Making 1/4 Turn Right  
7-8            Point L To Left Side, Step L Beside R

## START AGAIN

THIS DANCE IS DEDICATED TO A LONG TIME SPECIAL FRIEND, KAREN MARX

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