

For The First Time

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Yona Mirda (INA) - July 2024
音乐: For the First Time - Rod Stewart



Intro : 16 Count

***3 Tags - No Restarts

SECTION I - BASIC NC R-L, SPIRAL $\frac{3}{4}$ TURN L, WALK L-R-L, RECOVER, $\frac{1}{2}$ 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 $\frac{3}{4}$ turn Left, Step L forward, Step R forward
7-8& Rock L forward, recover on R, $\frac{1}{2}$ turn Left step L forward

SECTION II - FORWARD SWEEP, CROSS, SIDE, BEHIND SWEEP, BEHIND, $\frac{1}{4}$ TURN L, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS

1-2& Step R Forward with sweep L to front, Cross L over R, Step R to side
3-4& Cross L Behind R with sweep R to back, Cross R behind L, $\frac{1}{4}$ 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 - $\frac{3}{4}$ R DIAMOND, WALK L-R

1-2& Step L to side, $\frac{1}{8}$ turn Right step R back, Step L back
3-4& $\frac{1}{8}$ turn Right step R to side, $\frac{1}{8}$ turn Right step L forward, Step R forward
5-6& $\frac{1}{8}$ turn Right step L to side, $\frac{1}{8}$ turn Left step R back, Step L back
7-8& $\frac{1}{8}$ 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

1-2& Step L forward with sweep R to front, Cross R over L, Step L to side
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
7&8& $\frac{1}{4}$ turn Right step R forward, $\frac{1}{2}$ turn Right step L back, $\frac{1}{2}$ turn Right step forward, $\frac{1}{2}$ turn Right step L back

*1+ $\frac{1}{4}$ 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, $\frac{1}{2}$ L PIVOT

1 - 4 Sway R, sway L, sway R, sway L
5-6& Step R forward, step L forward, $\frac{1}{2}$ turn Right step R in place
7-8& Step L forward, step R forward, $\frac{1}{2}$ turn Left step L in place

Ending : 4 Counts after Tag 3

$\frac{1}{2}$ TURN LEFT WALK AROUND

1 - 4 Step R forward, $\frac{1}{4}$ turn Left Step L forward, $\frac{1}{4}$ turn Left Step R forward, step L forward

Enjoy your dance

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