

# For The First Time

拍數: 32                      牆數: 2                      級數: Advanced NC2S  
編舞者: Melissa Kochi (NL) & Conny van Dongen (NL) - February 2019  
音樂: 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)

For more info, please contact us on [www.thedanceconaction.nl](http://www.thedanceconaction.nl)