

For The First Time

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Noel Roos (SA) - April 2020
音樂: 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
