

# For The First Time

**COPPERKNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Michael Vera-Lobos (AUS)  
音樂: For the First Time - Kenny Loggins



## STEP BACK, STEP BACK, CROSS, HOLD, STEP BACK, STEP SIDE, CROSS, ¼ LEFT

1-4      Step back left, step back right, cross step left over right, hold  
5-8      Step back right, step left to left, cross step right over left, turn ¼ left on left (9:00)

## STEP FORWARD, ½ RAISE/DROP, ROCK BACK, ROCK FORWARD, FULL TURN FORWARD, STEP FORWARD, ¾ PIVOT

1-4      Step forward right, pivot ½ left raising heels & dropping weight on right, rock back left, rock forward on right (3:00)  
5-8      Travel forward - turn full turn forward right stepping left then right, step forward left, pivot ¾ right end weight right (12:00)

## ROCK FORWARD, HOLD, ROCK BACK, STEP BESIDE, STEP FORWARD, ½ RIGHT, ½ RIGHT, STEP FORWARD

1-4      Rock forward left, hold, rock back right, step left beside right  
5-8      Travel forward - step forward right, turn ½ right stepping on left, turn a further ½ right stepping on right, step forward on left

## ROCK FORWARD, HOLD, ROCK BACK, STEP BESIDE, ROCK FORWARD, ROCK BACK, ½ LEFT, ½ LEFT & SWEEP

1-4      Rock forward right, hold, rock back on left, step right beside left  
5-8      Rock forward left, rock back on right, turn back ½ left stepping on left, turn back a further ½ left stepping on right sweeping left to left side (12:00)

## BEHIND, SIDE, CROSS ROCK, HOLD, ROCK BACK, STEP SIDE, CROSS ROCK, HOLD

1-4      Travel right - cross left behind right, step right to right side, cross rock left over right, hold  
5-8      Travel left - rock back right, step left to left, cross rock right over left, hold

## STEP BACK, STEP BESIDE, STEP FORWARD, ½ TWIST, ½ TWIST, STEP, TOUCH BEHIND, FULL UNWIND

1-4      Step back left, step right beside left, step forward left, twist ½ right  
5-8      Twist ½ left (end weight left), travel forward -step forward onto right, touch left toe behind right, unwind full turn left end weight left (end weight left facing 12:00)

## STEP FORWARD, ¼ PIVOT LEFT, CROSS, ¼ RIGHT, ¼ RIGHT, CROSS, ¼ LEFT, ¼ LEFT

1-4      Step forward right, pivot ¼ left, cross right over left, turn ¼ right stepping back on left (12:00)  
5-8      Turn a further ¼ right stepping onto right, cross left over right, turn ¼ left stepping back on right, turn a further ¼ left ending with left to left side (9:00)

## CROSS LUNGE, HOLD, ROCK BACK, STEP SIDE, CROSS, STEP SIDE, ½ HINGE LEFT, ½ HINGE LEFT

1-4      Cross lunge right over left, hold, rock back on left, step right to right side  
5-8      Travel right - cross left over right, step right to right, hinge ½ left stepping onto left, hinge a further ½ left stepping onto right

## REPEAT

## TAG

Tag occurs before wall 1, then at the end of walls 2,4 &5

1-4      Rock forward left, hold, rock back right, turn ½ left on left

- 5-8 Step forward right, ½ pivot left, rock forward right, hold  
1-4 Rock back left, ½ right on right, step forward left, pivot ½ right  
5-8 Travel forward - step forward left, turn ½ left stepping onto right, turn ½ left stepping onto left, step forward on right

**FINISH**

**You will be facing back wall, start dance until count 8, hold for the words the first time, continue to count 22 to the front wall and then step forward & drag on final count.**

---