

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, $\frac{1}{2}$ pivot left, rock forward right, hold
1-4 Rock back left, $\frac{1}{2}$ right on right, step forward left, pivot $\frac{1}{2}$ right
5-8 Travel forward - step forward left, turn $\frac{1}{2}$ left stepping onto right, turn $\frac{1}{2}$ 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.
