

# First Time

拍數: 48      牆數: 1      級數: Intermediate  
編舞者: Henry Costa (USA)  
音樂: All For You (Video Mix) - Janet Jackson



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## STOMP LEFT, STOMP RIGHT NEXT TO LEFT, HIP BUMPS, SLIDE BACK, SLIDE NEXT TO RIGHT HIP BUMPS

1-2            Stomp slightly forward left, stomp right next to left  
3&4           Left hip (weight left), right hip (weight right), left hip (weight now back on left)  
5-6           Slide step right backward, slide left next to right  
7&8           Right hip (weight right), left hip (weight left), right hip (weight now back on right)

## STOMP LEFT, STOMP RIGHT NEXT TO LEFT, HIP BUMPS, SLIDE BACK, SLIDE NEXT TO RIGHT HIP BUMPS

1-2            Stomp slightly forward left, stomp right next to left  
3&4           Left hip (weight left), right hip (weight right), left hip (weight now back on left)  
5-6           Slide step right backward, slide left next to right  
7&8           Right hip (weight right), left hip (weight left), right hip (weight now back on right)

## BASIC FOX TROT BOX STEP FORWARD, BASIC FOX TROT BOX BACKWARD

1-4            Step forward left, hold, step side right, left next to right  
5-8            Step back right, hold, step side left, step right next to left

## CROSS LEFT, HOLD, STEP RIGHT, STEP LEFT, CROSS RIGHT, HOLD, STEP LEFT, STEP RIGHT

1-4            Cross left in front of right, hold, step side right, step left next to right  
5-8            Cross right in front of left, hold, step side left, step right next to left

## CROSS LEFT, CROSS RIGHT, CHA-CHA-CHA ANGLE BACKWARD, ROCK, RECOVER, CHA-CHA-CHA

1-2            Cross left across right, cross right across left  
3&4            Cha-cha-cha angled backward left (left-right-left)  
5-6            Rock back right, recover forward left  
7&8            Cha-cha-cha right-left-right in place

## POINT LEFT, WEIGHT SHIFT LEAN TO LEFT, POINT RIGHT, WEIGHT SHIFT LEAN TO RIGHT, POINT LEFT

1-2            Point left to left side, start lean left with shoulders level starting to drop left heel down at same time  
3-4            Continue to drop left heel down with shoulders level leaning left, drop left heel down (weight on left) lift right heel up with point  
5-6            Start to lean right with shoulders level starting to drop right heel down, continue to drop right down slowly while leaning right with shoulders level  
7-8            Finish lean to right with shoulders level, drop right heel down (weight on right) slide ball of left next to right (weight on right)

## REPEAT

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