

# For The First Time

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Niels Poulsen (DK) - July 2009  
音樂: For the First Time - Rod Stewart : (CD: If We Fall in Love Tonight '96)



Intro: 16 counts from first beat (app. 16 seconds into track). Start with weight on R

\* 2 RESTARTS: On wall 3 and 6. On both walls do the first 8 counts, then restart from count 1. On wall 3 you restart facing 6:00 and on wall 6 you restart facing 12:00

\* 1 EASY TAG: On wall 8, after 24 counts, facing 3:00. Turn and step  $\frac{1}{4}$  L swaying L (1), swaying R (2), then restart dance (facing 3:00) turning  $\frac{1}{4}$  L to face 12:00 on your first count

NOTE: This dance is dedicated to Guyton Mundy

Extra note: A big THANK YOU to Lennie and Bjarne for telling me about this awesome track!

**(1–8)  $\frac{1}{4}$  L, Jazz  $\frac{1}{4}$  R, Walk  $\frac{1}{8}$  R, Cross Turn Turn, Basic R, Side Step L, Twist  $\frac{1}{4}$  R**

- 1 Turn  $\frac{1}{4}$  L stepping fw on L and sweeping R foot fw (1) [9:00]  
2&3& Cross R over L (2), turn  $\frac{1}{4}$  R stepping back on L (&), step R to R side (3), turn  $\frac{1}{8}$  R walking fw on L (&) [1:30]  
4&5 Square up to 3:00 crossing R over L (4), turn  $\frac{1}{4}$  R stepping back on L (&), turn  $\frac{1}{4}$  R stepping R a big step to R side (5) [9:00]  
6&7 Bring L behind R (6), cross R over L (&), step L to L side (7) [9:00]  
8 Twist both heels  $\frac{1}{4}$  L turning body  $\frac{1}{4}$  R (8) (weight R) [12:00]

\* RESTARTS here on wall 3 restart facing 3:00 and wall 6 restart facing 9:00

**(9–16)  $\frac{1}{2}$  L, Cross, Side Rock L, Full Turn Sweep, Cross, Basic R, Back Back Cross,  $\frac{1}{4}$  L**

- 1 Unwind  $\frac{1}{2}$  L onto L foot sweeping R foot fw (1) [6:00]  
2&3 Cross R over L (2), rock L to L side (&), recover on R turning  $\frac{1}{4}$  R starting to sweep L to L side (3). [9:00]

Option: Do a pirouette full turn instead on count 3 and 4 (A pirouette: full turn on ball of one foot touching the inside of your knee with the non-turning foot)

- 4&5 Turn  $\frac{3}{4}$  R on R finishing full turn (4), cross L over R (&), step R a big step to R side (5) [6:00]  
6&7 Bring L behind R (6), cross R over L (&), step back on L (7) [6:00]  
&&& Step back on R (&), cross L over R (8), turn  $\frac{1}{4}$  L stepping back on R (&) [3:00]

**(17–24)  $\frac{1}{2}$  L, Walk R L, Step Turn Turn,  $\frac{1}{4}$  L Into Sway L R,  $\frac{1}{4}$  L,  $\frac{1}{2}$  L**

- 1 Turn  $\frac{1}{2}$  L stepping fw on L (1) [9:00]  
2–3 Drag and cross R fw and over L (2), drag and cross L fw and over R (3) [9:00]  
4&5 Step fw on R (4), turn  $\frac{1}{2}$  L stepping onto L (&), turn  $\frac{1}{2}$  L stepping back on R (5) [9:00]  
6–7 Turn  $\frac{1}{4}$  L stepping L to L side into a sway with upper body (6), recover R into a sway and a slight twist with your upper body to R side (7) [6:00]  
8& Turn  $\frac{1}{4}$  L stepping L fw (8), turn  $\frac{1}{2}$  L stepping back on R (&) [9:00]

\* TAG + RESTART on wall 8 after 24 counts, facing 3:00 and step  $\frac{1}{4}$  L swaying L (1), swaying R (2), then restart dance turning  $\frac{1}{4}$  L to face 12:00

**(25–32)  $\frac{1}{4}$  L,  $\frac{1}{8}$  L Walk, Step  $\frac{1}{2}$  R, Fw L, Full Turn L,  $\frac{1}{8}$  L Cross Rock & Cross Rock**

- 1 Turn  $\frac{1}{4}$  L stepping onto L (1) - Note: steps 8&1 are a L rolling vine [6:00]  
2&3 Turn  $\frac{1}{8}$  L walking fw on R (2), step fw L (&), turn  $\frac{1}{2}$  R stepping fw on R (3) [10:30]  
4&5 Step fw on L (4), turn  $\frac{1}{2}$  L stepping back on R (&), turn  $\frac{1}{2}$  L stepping fw on L (5) [10:30]  
6–7 Sweep R foot  $\frac{1}{8}$  L into a cross rock with R over L (6), recover weight to L (7) [9:00]  
&&& Step R a small step to R side (&), cross rock L over R (8), recover weight to R (&) [9:00]

**Start again... and ENJOY!**

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