

First Time

拍數: 32 牆數: 2 級數: Improver
編舞者: Niels Poulsen (DK) - June 2010
音樂: For the First Time - Rod Stewart : (CD: If We Fall in Love Tonight 1996)



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

Note: This is a floor-split to my own Int/adv dance 'For the first time' to the same music

(1–8) Basic R, Basic L, ½ L On R, Diagonal Walk L R Fw, Rock L Fw, Walk Back R L

- 1 Step R a big step to R side (1) [12:00]
- 2&3 Close L behind R (2), cross R over L (&), step L a big step to L side (3) [12:00]
- 4&5 Close R behind L (4), cross L over R (&), step R to R side turning ½ L on R (5) [6:00]
- 6&7 Turn 1/8 L on R walking fw L (6), walk fw R (&), rock fw L (7) [4:30]
- 8& Recover weight back on R (8), walk back L (&) [4:30]

*** RESTARTS here on walls 3 and 6**

(9–16) Back R, Twist Upper Body R, Sweep 1/8 L, Weave, Side Rock, Behind Turn ¼ R

- 1–3 Walk back R (1), twist upper body slightly to R side but keep looking towards [4:30] (2),
recover weight onto L sweeping R 1/8 L squaring body up to 3:00 (3) [3:00]
- 4&5 Cross R over L (4), step L to L side (&), cross R behind L (5) [3:00]
- 6–7 Rock L to L side (6), recover weight on R (7) [3:00]
- 8& Cross L behind R (8), turn ¼ R stepping fw on R (&) [6:00]

(17–24) Cross Walk L R L, Step Turn Step X2, Sweep R Into R Jazz Box

- 1–3 Cross walk L over R (1), cross walk R over L (2), cross walk L over R (3) [6:00]
- 4&5 Step fw on R (4), turn ½ L stepping onto L (&), step fw on R (5) [12:00]
- 6&7 Step fw on L (6), turn ½ R stepping onto R (&), step fw on L sweeping R fw (7) [6:00]
- 8& Cross R over L (8), step small step back on L (&) [6:00]

*** TAG + RESTART on wall 8**

(25–32) R Basic, Side L, Behind Side Cross Rock, Recover & Cross, Side Behind

- 1 Step R a big step to R side (1) [6:00]
- 2&3 Close L behind R (2), cross R over L (&), step L to L side (3) [6:00]
- 4&5 Cross R behind L (4), step L to L side (&), cross rock R over L (5) [6:00]
- 6&7 Recover back on L (6), step R to R side (&), cross L over R (7) [6:00]
- 8& Step R to R side (8), cross L behind R (&) [6:00]

Start again... and ENJOY!

*** 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**

TAG: On wall 8, after 24 counts, facing 12:00, do the following

- 1–2 Step R to R side swaying upper body R (1), step L to L side swaying upper body L (2) – then
RESTART dance from count 1 with your R basic night club step [12:00]

ENDING: On wall 9, starting at 12:00, music starts to fade out at count 16. Do the first walk in the next section (count 17), now facing 6:00, then turn ½ R to face 12:00.

