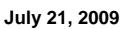
For The First Time

Choreographer: Niels Poulsen (Denmark)

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Type of dance:	: 32 counts. 4 walls. Night club 2 step (64 bpm)
Level:	Intermediate
Music:	'For the First Time' by Rod Stewart. Album: If We Fall in Love Tonight (1996). Also
	download track from iTunes, Amazon, etc.
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 1/4 L swaying L (1), swaying R (2),
	then restart dance (facing 3:00) turning ¼ 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!

Counts	Footwork	End facing
1 – 8	¹ / ₄ L, jazz ¹ / ₄ R, walk 1/8 R, cross turn turn, basic R, side step L, twist ¹ / ₄ R	U
1	Turn ¹ / ₄ L stepping fw on L and sweeping R foot fw (1)	9:00
2&3&	Cross R over L (2), turn ¼ R stepping back on L (&), step R to R side (3), turn 1/8 R walking fw on L (&)	1:30
4&5	Square up to 3:00 crossing R over L (4), turn ¼ R stepping back on L (&), turn ¼ 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 1/4 L turning body 1/4 R (8) (weight R) * Restarts here on walls 3 and 6	12:00
9 – 16	¹ / ₂ L, cross, side rock L, full turn sweep, cross, basic R, back back cross, ¹ / ₄ L	
1	Unwind ½ 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 ¼ R starting to sweep L to L side (3). 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)	9:00
4&5	Turn 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
&8&	Step back on R (&), cross L over R (8), turn ¼ L stepping back on R (&)	3:00
17 – 24	1/2 L, walk R L, step turn turn, 1/4 L into sway L R, 1/4 L, 1/2 L	
1	Turn ½ 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 1/2 L stepping onto L (&), turn 1/2 L stepping back on R (5)	9:00
6 – 7	Turn ¼ 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 ¼ L stepping L fw (8), turn ½ L stepping back on R (&) * Tag + Restart on wall 8	9:00
25 – 32	1/4 L, 1/8 L walk, step 1/2 R, fw L, full turn L, 1/8 L cross rock & cross rock	
1	Turn ¼ L stepping onto L (1) - Note: steps 8&1 are a L rolling vine	6:00
2&3	Turn 1/8 L walking fw on R (2), step fw L (&), turn ½ R stepping fw on R (3)	10:30
4&5	Step fw on L (4), turn 1/2 L stepping back on R (&), turn 1/2 L stepping fw on L (5)	10:30
6 – 7	Sweep R foot 1/8 L into a cross rock with R over L (6), recover weight to L (7)	9:00
&8&	Step R a small step to R side (&), cross rock L over R (8), recover weight to R (&)	9:00
	Start again and ENJOY!	