

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: 'From 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 3:00 and on wall 6 you restart facing 9:00

* 1 EASY tag: On wall 8, after 24 counts, facing 3:00. Turn and step ¼ L swaying L (1), swaying R (2), then **restart** dance turning ¼ L to face 12:00

NOTE: This dance is dedicated to Guyton Mundy

Counts	Footwork	End facing
1 – 8	¼ L, jazz ¼ R, walk 1/8 R, cross turn turn, basic R, side step L, twist ¼ R	
1	Turn ¼ 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 ¼ L turning body ¼ R (8) (weight R) * <i>Restarts here on walls 3 and 6</i>	12:00
9 – 16	½ L, cross, side rock L, full turn sweep, cross, basic R, back back cross, ¼ 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). <i>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)</i>	9:00
4&5	Turn ¾ 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	½ L, walk R L, step turn turn, ¼ L into sway L R, ¼ L, ½ 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 ½ L stepping onto L (&), turn ½ 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 (&) * <i>Tag + Restart on wall 8</i>	9:00
25 – 32	¼ L, 1/8 L walk, step ½ R, fw L, full turn L, 1/8 L cross rock & cross rock	
1	Turn ¼ L stepping onto L (1) - <i>Note: steps 8&1 are a L rolling vine</i>	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 ½ L stepping back on R (&), turn ½ 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!		