

For The First Time (□□□□)

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Niels Poulsen, DK (July 09)

Music: For the First Time by Rod Stewart (CD: If We Fall in Love Tonight 96 [64bpm])

□□□ **Intro: 16 counts from first beat**

(app. 16 seconds into track). Start with weight on R

□□□

¼ L, Jazz ¼ R, Walk 1/8 R, Cross Turn Turn,

Basic R, Side Step L, Twist ¼

R

□ 1/4, □□□□ 1/4, □ 1/8, □□□ , □□□ , □□□ , □□□ 1/4

1

Turn ¼ L stepping fw on L and sweeping R foot fw (1) [9:00]

□□ 90□□□□□□□□ (□□ 9□□)

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]

□□□□□□□□ , □□ 90□□□□□□ , □□□□□ , □□ 45□□□□□□ (□□ 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]

□□ 45□□□□□□□□□□ , □□ 90□□□□□□□□ , □□ 90□□□□□□□□□□ (□□ 9□□)

6&7

Bring L behind R (6), cross R over L (&), step L to

L side (7) [9:00]

□□□□□□□ , □□□□□□□□ , □□□□ (□□ 9□□)

8

Twist both heels ¼ L turning body ¼ R (8) (weight R) [12:00]

□□□□□□ 90□□□□□□ 90□ (□□□□□□) (□□ 12□□)

*** RESTARTS here on wall 3 restart**

facing 3:00 and wall 6 restart facing 9:00

□□□□□□ 6□□□□□□□□□□ 9□□□□□□□□□□

□□□

½ L, Cross, Side Rock L, Full Turn

Sweep, Cross, Basic R, Back Back Cross, ¼ L

□ 1/2, □□ , □□□ , □□ , □□ , □□□ , □ □ □□ , □ 1/4

1

Unwind ½ L onto L foot sweeping R foot fw (1) [6:00]

□□□□□□□□ 180□□□□□□□□ (□□ 6□□)

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). [9:00]

□□□□□□□□□□ , □□□□□□ , □□□□□□□□ 90□□□□□□ (□□ 9□□)

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)

□ 3,4□□□□□□□□

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]

□□□□□□ 270□□ 3□□□□□□ , □□□□□□□□ , □□□□□□ (□□ 6□□)

6&7

Bring L behind R (6), cross R over L (&), step back

on L (7) [6:00]

□□□□□□ , □□□□□□□□ , □□□□ (□□ 6□□)

&8&

Step back on R (&), cross L over R (8), turn $\frac{1}{4}$ L

stepping back on R (&) [3:00] □□□□ , □□□□□□□□ , □□ 90□□□□ (□□ 3□□)

□□□

$\frac{1}{2}$ L, Walk R L, Step Turn Turn, $\frac{1}{4}$ L

Into Sway L R, $\frac{1}{4}$ L, $\frac{1}{2}$ L

□ $\frac{1}{2}$, □ , □ , □□□ , □ $\frac{1}{4}$ □□ , □□□ , □ $\frac{1}{4}$, □ $\frac{1}{2}$

1

Turn $\frac{1}{2}$ L stepping fw on L (1) [9:00]

□□ 180□□□□□□ (□□ 9□□)

2-3

Drag and cross R fw and over L (2), drag and cross L fw

and over R (3) [9:00] □□□□□□□□ , □□□□□□□□ (□□ 9□□)

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]

□□□□ , □□ 180□□□□ , □□ 180□□□□ (□□ 5□□)

6-7

Turn 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] □□ 90□□□□□□□□ , □□□□ (□□ 6□□)

8&

Turn 1/4 L stepping L fw (8), turn 1/2 L stepping back on R

(&) [9:00]

□□ 90□□□□□□ , □□ 180□□□□□□ (□□ 9□□)

* TAG + RESTART on wall 8 after 24

counts, facing 3:00 and step 1/4 L swaying L (1), swaying R (2), then restart

dance turning 1/4 L to face 12:00

□□□□□□□□ 24□□□□ 3□□□□ , □□□□ :□□ 90□□□□□□ , □□□□□□□□ (□□ 12□□)

□□□

1/4 L, 1/8 L Walk, Step 1/2 R, Fw L, Full Turn L, 1/

hasspace="True" negative="False" numbertype="1" sourcevalue="8" tcsc="0" unitname="I">8 L

