

# First Time

Choreographer: Niels Poulsen (Denmark)

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June 18, 2010



Type of dance: 32 counts. 2 walls. Night club 2 step (64 bpm)  
 Level: Beg/int  
 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 L  
 \* 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 12:00, then **restart**. See tag description below  
 Note: This is a floor-split to my own Int/adv dance 'For the first time' to the same music

Counts	Footwork	End facing
<b>1 – 8</b>	<b>Basic R, Basic L, ½ L on R, diagonal walk L R fw, rock L fw, walk back R L</b>	
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 (&) * <i>Restarts here on walls 3 and 6</i>	4:30
<b>9 – 16</b>	<b>Back R, twist upper body R, sweep 1/8 L, weave, side rock, behind turn ¼ R</b>	
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
<b>17 – 24</b>	<b>Cross walk L R L, step turn step X 2, sweep R into R jazz box</b>	
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 (&) * <i>Tag + Restart on wall 8</i>	6:00
<b>25 – 32</b>	<b>R basic, side L, behind side cross rock, recover &amp; cross, side behind</b>	
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
<b>Start again... and ENJOY!</b>		
<b>Tag</b>	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 <b>RESTART</b> dance from count 1 with your R basic night club step	12:00
<b>Ending</b>	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. ☺ ☺ ☺	12:00