



BroncoBeat

For The First Time

Choreographed by: Niels Poulsen, DK (July 09)

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

Descriptions: 32 count - 4 wall - Intermediate level line dance

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 $\frac{1}{4}$ L swaying L (1), swaying R (2), then restart dance turning $\frac{1}{4}$ L to face 12:00

1–8 $\frac{1}{4}$ L, Jazz $\frac{1}{4}$ R, Walk $\frac{1}{8}$ R, Cross Turn Turn, Basic R, Side Step L, Twist $\frac{1}{4}$ R

1 Turn $\frac{1}{4}$ L stepping fw on L and sweeping R foot fw (1) **[9:00]**

2&3& Cross R over L (2), turn $\frac{1}{4}$ R stepping back on L (&), step R to R side (3), turn $\frac{1}{8}$ R walking fw on L (&) **[1:30]**

4&5 Square up to 3:00 crossing R over L (4), turn $\frac{1}{4}$ R stepping back on L (&), turn $\frac{1}{4}$ 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 $\frac{1}{4}$ L turning body $\frac{1}{4}$ R (8) (weight R)

*** RESTARTS here on walls 3 and 6 12:00**

9–16 $\frac{1}{2}$ L, Cross, Side Rock L, Full Turn Sweep, Cross, Basic R, Back Back Cross, $\frac{1}{4}$ L

1 Unwind $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{3}{4}$ R on R finishing full turn (4), cross L over R (&), step R a big step to R side (5) **[6:00]**

6&7 Bring L behind R (6), cross R over L (&), step back on L (7) **[6:00]**

8&8 Step back on R (&), cross L over R (8), turn $\frac{1}{4}$ L stepping back on R (&) **[3:00]**

17–24 $\frac{1}{2}$ L, Walk R L, Step Turn Turn, $\frac{1}{4}$ L Into Sway L R, $\frac{1}{4}$ L, $\frac{1}{2}$ L

1 Turn $\frac{1}{2}$ 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 $\frac{1}{2}$ L stepping onto L (&), turn $\frac{1}{2}$ L stepping back on R (5) **[9:00]**

6–7 Turn $\frac{1}{4}$ 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]**

8& Turn $\frac{1}{4}$ L stepping L fw (8), turn $\frac{1}{2}$ L stepping back on R (&)

*** TAG + RESTART on wall 8 9:00**

25–32 $\frac{1}{4}$ L, $\frac{1}{8}$ L Walk, Step $\frac{1}{2}$ R, Fw L, Full Turn L, $\frac{1}{8}$ L Cross Rock & Cross Rock

1 Turn $\frac{1}{4}$ L stepping onto L (1) - Note: steps 8&1 are a L rolling vine **[6:00]**

2&3 Turn $\frac{1}{8}$ L walking fw on R (2), step fw L (&), turn $\frac{1}{2}$ R stepping fw on R (3) **[10:30]**

4&5 Step fw on L (4), turn $\frac{1}{2}$ L stepping back on R (&), turn $\frac{1}{2}$ L stepping fw on L (5) **[10:30]**

6–7 Sweep R foot $\frac{1}{8}$ L into a cross rock with R over L (6), recover weight to L (7) **[9:00]**

8&8 Step R a small step to R side (&), cross rock L over R (8), recover weight to R (&) **[9:00]**

(REPEAT)