

The First Time

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Fabien REGOLI (FR) - July 2025

Music: The First Time - Damiano David



SECTION I : Rock step forward right, Full triple, Cross left, ¼ turn left, step back right, Coaster step

- 1-2 Rock step forward on RF, recover on LF
- 3&4 Triple step R/L/R making a full turn
- 5-6 Cross LF over RF, make ¼ turn left stepping RF back
- 7&8 Step LF back, RF next to LF, LF forward

SECTION II : Step lock step right, step lock step left, heel right and heel left, point right back, ½ turn right

- 1&2 Step RF forward, lock LF behind RF, step RF forward
- 3&4 Step LF forward, lock RF behind LF, step LF forward
- 5&6& Right heel, recover on RF, left heel, recover on LF
- 7-8 Point RF back, make ½ turn right

RESTART 1: Wall 3 after the first 2 sections

SECTION III : Cross behind heel right, Cross behind heel left, Step forward right, touch left, Triple back

- 1&2& Cross RF over LF, step LF slightly left, right heel forward, recover on RF
- 3&4& Cross LF over RF, step RF slightly right, left heel forward, recover on LF

RESTART 2: Wall 7 after the first 20 counts

- 5-6 Step RF forward, touch LF
- 7&8 Triple step back L/R/L

RESTART 3: Wall 12 after the first 3 sections

SECTION IV : Raise your knees right, step back right, raise your knees left, step back left, Coaster step, Walk forward left/right, Triple forward

- &1&2 Lift right knee, step RF back, lift left knee, step LF back
- 3&4 Step RF back, LF next to RF, RF forward
- 5-6 Walk forward LF, RF
- 7&8 Triple step forward L/R/L

TAG (End of wall 5): Jazz Box, V-Step

- 1-2-3-4 Cross RF over LF, step LF back, step RF to right side, LF next to RF
- 5-6-7-8 Step RF diagonally right, step LF diagonally left, step RF back to center, LF next to RF

KEEP SMILING AND START THE DANCE AGAIN !

THE WANTED COUNTRY & LINE DANCE

Email: thewantedcountrydance@yahoo.fr