

My First Moment

Choreographer: Niels Poulsen (Denmark)

niels@love-to-dance.dk - www.love-to-dance.dk

May 2009



Type of dance: 48 counts. 4 walls. Waltz (100 bpm)
 Level: High Intermediate
 Music: 'From My First Moment' by Charlotte Church (Album: Enchantment). Buy on iTunes
 2 easy tags: See description of tags at bottom of page. **Tag 1** ('small tag') occurs after wall 2, facing 6:00, and after wall 5, facing 9:00. **Tag 2** ('big tag') occurs after wall 4 facing 12:00.
 Intro: 12 counts, 7 seconds into track. Start with weight on R foot

Counts	Footwork	End facing
1 – 6	¼ L fw, ½ back lock step, ½ L, step ½ L	
1, 2&3	Turn ¼ L stepping L fw (1), turn ½ L stepping R back (2), lock L over R (&), step R back (3)	3:00
4 – 6	Turn ½ L stepping fw on L (4), step fw on R (5), turn ½ L stepping onto L (6)	3:00
7 – 12	Fw R, ½ back lock step, ½ R, step ¼ R	
1, 2&3	Step R fw (1), turn ½ R stepping back on L (2), lock R over L (&), step back on L (3)	9:00
4 – 6	Turn ½ R stepping fw on R (4), step L fw (5), turn ¼ R stepping R a small step R (6)	6:00
13 – 18	L twinkle, R twinkle ½ R	
1 – 3	Cross L in front of R (1), step R diagonally fw (2), step L to L side (3)	6:00
4 – 6	Cross R in front of L (4), turn ¼ R stepping back on L (5), turn ¼ R stepping R to R (6)	12:00
19 – 24	L cross rock side, cross R over L, L full unwind	
1 – 3	Cross rock L over R (1), recover weight to R (2), step L to L side (3)	12:00
4 – 6	Cross R in front of L (4), start unwinding full turn L (5), complete unwind (weight R) (6)	12:00
25 – 30	¼ L lunge fw, prepare upper body for turn, R full unwind sweep	
1 – 3	Turn ¼ L stepping L fw (1), extend R arm fw <i>and</i> rotate upper body slightly to L side over counts 2 and 3 (<i>this works as a preparation for your R full unwind</i>)	9:00
4 – 6	Start unwinding full turn R on L (1), complete full unwind (2), sweep R to R side (3)	9:00
31 – 36	R behind L, chasse L, R cross rock side with 1/8 R	
1, 2&3	Cross R behind L (1), step L to L side (2), bring R next to L (&), step L to L side (3)	9:00
4 – 6	Cross rock R over L (4), recover on L foot (5), step R to R side turning body 1/8 R (6)	10:30
37 – 42	Step fw L, slow low R lift fw, back R, back rock L	
1 – 3	Step L fw (1), start lifting R leg (straightened) fw (2), finish your R lift (<i>styling: rise in L foot on count 2 and lower on count 3</i>)	10:30
4 – 6	Step back on R (4), rock back on L (5), recover weight to R (6)	10:30
43 – 48	Weave, step R to R side, drag L to R over 2 counts	
1 – 3	Cross L over R (1), step R to R side squaring up to 9:00 (2), cross L behind R (3)	9:00
4 – 6	Step R a big step to R side (4), drag L towards R (5), touch L next to R (6)	9:00
Begin Again!		
Tag 1	Oversway L, oversway R	
1 – 3	Step L to L (1), start rotating upper body towards L diagonal (2), finish rotation (3)	
4 – 6	Step R to R (4), start rotating upper body towards R diagonal (5), finish rotation (6)	
Tag 2	Oversway L, full unwind R, oversway R	
1 – 3	Step L to L (1), start rotating upper body towards 10:30 (2), finish rotation (3)	
4 – 6	Recover weight to R (4), cross L over R (5), unwind full turn R (6) - <i>weight on L</i>	
7 – 9	Step R to R side (7), start to rotate upper body towards 1:30 (8), finish rotation (9)	