

## The First (Fr)

**Choreographer :** Laurent Chalon– Belgium – January 2018

**Type:** 2 walls - 64 counts

**Intro :** 36 counts

**Level :** Improver

**Music :** your one and only by Jim Devine

**Video :** <https://www.youtube.com/watch?v=jSVRDk7SdzE>

### Section1: Kick, kick, Step back, hold, Slow Coaster Step, Scuff

1	RF	Kick forward
2	RF	Kick forward
3	RF	Step back
4		Hold
5	LF	Step Back
6	RF	Next to LF
7	LF	Step Forward
8	RF	scuff

### Section 2: Jump Rock Cross, Side Step, Jump Rock cross, Side Step, Stomp Fwd, Stomp Fwd

1	RF+LF	Rock cross RF forward LF + Hook LF
2	LF+RF	Recover on LF + Kick RF
3	RF	To the right
4	LF+RF	Rock cross LF, forward RF + Hook RF
5	RF+LF	Recover on RF + kick LF
6	LF	To the left
7	RF	Stomp forward
8	LF	Stomp forward

### Section 3: Heel Fwd, Heel Fwd, Step back, hold, Slow Coaster Step, Scuff

1	RF	Heel forward
2	RF	Heel forward
3	RF	Step back
4		Hold
5	LF	Step Back
6	RF	Next to LF
7	LF	Step Forward
8	RF	scuff

### Section 4: Rock Fwd 1/2 turn, Step, Hold, Step pivot 1/2 turn, Step, Scuff

1	RF	Rock Forward
2	LF	Recover on LF with 1/2 turn to the right
3	RF	Forward
4		Hold
5	LF	Step Forward
6		½ turn to the right
7	LF	Step forward
8	RF	Scuff*

\*Wall6: Tag 2

### Section 5: Vine, scuff, Side, Scuff, Side, Scuff

1	RF	To the right
2	LF	behind RF
3	RF	To the right
4	LF	scuff
5	LF	To the left
6	RF	scuff
7	RF	To the right
8	LF	scuff

## Section 6: Vine 1/4 turn, Hold, Step pivot 1/2 turn, Toe Strut 1/2 turn

- |     |    |                                    |
|-----|----|------------------------------------|
| 1   | LF | To the left                        |
| 2   | RF | Behind LF                          |
| 3   | LF | 1/4 turn to the left, step forward |
| 4   |    | Hold                               |
| 5   | RF | Step Forward                       |
| 6   |    | 1/2 turn to the left               |
| 7-8 | RF | Toe strut 1/2 turn to the left     |

## Section 7: Slow Sailor Step 1/4 turn, Hold, Rock Fwd, Step Fwd, Hold

- |       |    |                                  |
|-------|----|----------------------------------|
| 1-2-3 | LF | Sailor step 1/4 turn to the left |
| 4     |    | Hold                             |
| 5     | RF | Rock forward                     |
| 6     | LF | Recover                          |
| 7     | RF | Back                             |
| 8     |    | Hold                             |

## Section 8: Step Lock Step Back, Hold, Rock back + Kick, Stomp Fwd, Stomp Fwd

- |       |       |                        |
|-------|-------|------------------------|
| 1-2-3 | LF    | Step Lock Step back    |
| 4     |       | Hold                   |
| 5     | RF+LF | Rock Back RF + Kick LF |
| 6     | LF    | Recover                |
| 7     | RF    | Stomp forward          |
| 8     | LF    | Stomp forward          |

## Tag n°1

*At the end of walls 1, 3 and 5 (x2)*

### Tag 1 - Section 1: Rocking chair, Kick, Flick 1/2 turn, Kick, Flick

- |     |       |  |
|-----|-------|--|
| 1-2 | RF    | Rock forward                                   |
| 3-4 | RF    | Rock back                                      |
| 5   | RF    | Kick   |
| 6   | RF+LF | 1/2 turn to the left, recover on RF + Flick LF |
| 7   | LF    | Kick   |
| 8   | LF+RF | Recover on LF + Flick RF                       |

### Tag 1 - Section 2: Rocking chair, Kick, Flick 1/2 turn, Kick, Flick

- |     |       |  |
|-----|-------|--|
| 1-2 | RF    | Rock forward                                   |
| 3-4 | RF    | Rock back                                      |
| 5   | RF    | Kick   |
| 6   | RF+LF | 1/2 turn to the left, recover on RF + Flick LF |
| 7   | LF    | Kick   |
| 8   | LF+RF | Recover on LF + Flick RF                       |

## Tag n°2

*Wall 6, after 32 counts*

### Tag 2: Side, Stomp up, Side, Stomp Up

- |   |    |                     |
|---|----|---------------------|
| 1 | RF | To the right        |
| 2 | LF | Stomp Up next to RF |
| 3 | LF | The the left        |
| 4 | RF | Stomp Up next to LF |

*Restart after tag*

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