

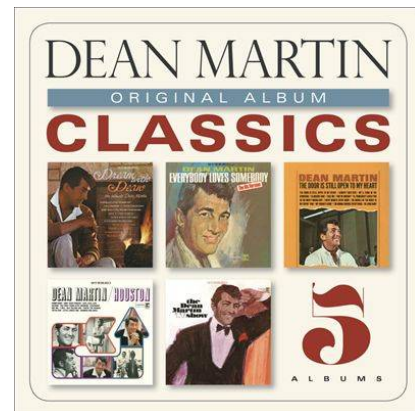
# THE FIRST THING EVERY MORNING 3

**Music :** Dean Martin  
[www.allmusic.com/OriginalAlbumClassics\(5-CD\)](http://www.allmusic.com/OriginalAlbumClassics(5-CD))  
Cd 4 Track # 2 Time 2:08  
Available from choreographer

**Rhythm:** Foxtrot Phase: III + 1 (Quick Diamond 4)

**Footwork:** Opposite except where (Noted)

Release Date: June 20  
Choreo: Jos Dierickx Beverlosestwg 14B2 3583 Paal Belgium  
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**Sequence:** INTRO AB AB B(9-16) END



## INTRO

### CP DLC LEAD FOOT FREE START ON THE WORD "FIRST"

{Wait} CP DLC ld ft free START on the word "FIRST"

## PART A

### 01-04 ONE LEFT TURN ; BACK & RUN 2 ; 2 RIGHT TURNS ; ;

{One Left Turn} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; {Bk & Run 2} Bk L, -, bk R, bk L ; {2 Right Turns} Bk L strtr RF trn, -, cont RF trn sd R, cl L ; Cont RF trn fwd R, -, sd L, cl R to CP WALL ;

### 05-08 HOVER to ½ OP ; M ROLL ACROSS ; W ROLL ACROSS ; PICK UP SIDE CLOSE ;

{Hover to ½ OP} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to ½ OP DLC ; {M Roll Across} Fwd R comm RF trn, -, sd & fwd L ifo W contg trn, sd & fwd R to ½ LOP LOD (W fwd R, -, L, R) w/ trl-arms out to sd ; {W Roll Across} Fwd L, -, R, L (W fwd R comm RF trn, -, sd & fwd L ifo M contg trn, fwd & sd R) to ½ OP DLC w/ ld-arms out to sd ; {Pick Up Sd Cl} Sm fwd R, -, sd L, cl R (W trng LF fwd L ifo M, -, cont trn sd R, cl L) to CP LOD ;

### 09-12 LEFT TURNING BOX end to SCAR ; ; ; ;

{Left Turnng Box} Fwd L trn ¼ LF, -, sd R, cl L to COH ; Bk R trn ¼ LF, -, sd L, cl R to RLOD ; Fwd L trn ¼ LF, -, sd R, cl L to WALL ; Bk R trn ¼ LF, -, sd L, cl R & swivel to SCAR DLW ;

### 13-16 Cross Hovers to BJO & SCAR ; ; CROSS HOVER to SCP ; PICK UP SIDE CLOSE ;

{Cross Hover to BJO} XLif (W XRib), -, sd R rise trn LF, rec L to BJO DLC ; {Cross Hover to SCAR} XRif, -, sd L w/ rise comm RF trn, rec R to SCAR ; {Cross Hover to SCP} XLif, -, sd R hvrg, rec L (W XRib, -, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; {Pick Up Sd Cl} Repeat meas 8 Part A ;

## PART B

### 01-04 2 LEFT TURNS to BFLY ; ; TWIRL VINE 3 ; THRU FACE BEHIND ;

{2 Left Turns} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; Bk R com LF trn, -, sd L cont trn, cl R to BFLY WALL ; {Twirl Vine 3} Sd L raisg ld-hnds, -, XRib, sd L (W full RF trn undr jnd ld-hnds fwd R, -, sd & bk L, fwd R) to SCP LOD ; {Thru Sd Behind} Thru R, -, sd L to fc ptr, XRib (W XLib) ;

### 05-08 ROLL 3 to SCP ; THRU FACE CLOSE ; WHISK ; PICK UP SIDE CLOSE ;

{Roll 3 to SCP} Start LF trn (W RF) sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; {Thru Fc Cl} Thru R, -, sd L trng to fc ptr, cl R to CP WALL ; {Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ; {Pick Up Sd Cl} Repeat meas 8 Part A ;

### 09-12 FORWARD & RUN 2 ; MANEUVER ; PIVOT 3 to SCP ; THRU FACE CLOSE ;

{Fwd & Run 2} Fwd L, -, fwd R, L ; {Maneuver} Fwd R trng RF, -, sd L, cl R (W bk L trng RF, -, sd R, cl L) to CP RLOD ; {Pivot 3 to SCP} Bk L pivot ½ RF, fwd R heel lead betwn W's feet cont RF trn rise & stretch rt-sd, sd & fwd L to SCP LOD ; {Thru Fc Cl} Repeat meas 6 Part B ;

### 13-16 VINE 3 ; MANEUVER ; SPIN TURN ; BOX FINISH ;

{Vine 3} Sd L, -, XRib (W XLib), sd L ; {Manuver} Trng RF fwd R Xifo W, -, sd L cont trn, cl R (W fwd L, -, R, L) to CP RLOD ; {Spin Turn} Begin RF upper body trn bk L toeing in pivot ½ RF, -, cont trn fwd R betw W's ft, rec sd & bk L (W begin RF upper body trn fwd R heel to toe betwn M's ft pivot ½ RF, -, cont trn bk on L toe, fwd R) to CP DLW ; {Box Finish} Bk R, -, sd & bk L trng ¼ LF, cl R to CP DLC ;

**ENDING**

**01-02 SLOW WALK TWO ; QUICK DIAMOND 4 ;**

{**Slow Walk 2**} [S,S] Fwd L, -, fwd R, -; {**Qk Diamond 4**} [QOOO] Fwd L stg to trn LF, sd R contg LF trn, bk L compg ¼ LF trn to BJO DLW, bk R relax R knee to CP LOD ;