

THE FIRST THING EVERY MORNING 4

Music : Dean Martin
www.allmusic.com/ Original Album Classics (5-CD)
Cd 4 Track # 2 Time 2:08
Available from choreographer

Rhythm: Foxtrot **Phase:** IV + 1 (DBL Reverse Spin)

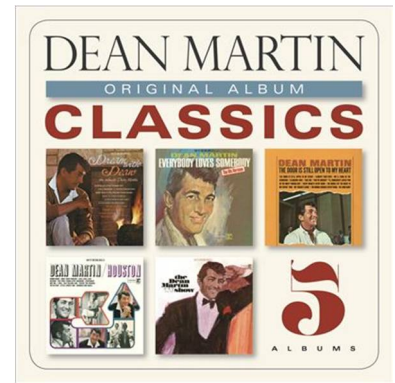
Footwork: Opposite except where (Noted)

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Sequence: INTRO AB AB(9-16) END



INTRO

CP DLC LEAD FOOT FREE START ON "FIRST"

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

PART A

01-04 REVERSE TURN ; ; HOVER TELE ; THRU VINE 4 :

{Reverse Turn} Fwd L twd DLC comm LF turn, -, sd R around ptr, bk L twds LOD (W Bk R comm LF trn, -, cl L [heel turn], fwd R btw M's ft) ; Bk R cont LF trn, -, sd & fwd L cont trn, fwd outsd ptr (W Fwd L cont LF trn, -, sd & bk R, bk L) to BJO DLW ; {Hover Tele} Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; {Thru Vine 4} [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ;

05-08 IN & OUT RUNS ; ; OP NATURAL ; HESITATION CHANGE ;

{In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (W fwd L, -, fwd R between M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R between W's ft, sd & fwd L (W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R) to SCP DLC ; {OP Natural} Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/R sd lead (W thru L, -, fwd R, fwd L) to BJO DRC ; {Hesitation Chng} [SS-] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

09-12 OP REVERSE TURN ; HOVER CORTE ; BACK TWISTY VINE 4 ; BACK WHISK ;

{OP Reverse Turn} Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (W bk R stg LF trn, -, sd L cont trn, fwd R outsd ptr) to BJO RLOD ; {Hover Corte} Bk R stg 1/2 LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; {Bk Twisty Vine 4} (QQQQ) Back L in BJO, sd R trng to SCAR, forward L in SCAR, sd & bk R trng to BJO ; {Bk Whisk} Bk L, -, bk & sd R, XLib (W XRib) to SCP LOD ;

13-16 PROMENADE WEAVE ; ; CHANGE of DIRECTION ; DOUBLE REVERSE SPIN to DLW ;

{Promenade Weave} [SQQ;QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L) to BJO LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L) to BJO DLW ; {Chng of Direction} [SS-] Fwd L, -, fwd & sd R trng LF 1/4, draw L to CP DLC ; {Dbl Reverse Spin to DLW} [SS / W QQQQ] Fwd L comm to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (W bk R stg to trn LF, -, cl L [heel trn]/sd & slightly bk R cont LF trn, XLif) to CP DLW [2^{de} TIME: to CP LOD] ;

PART B

01-04 WHISK ; THRU VINE 4 ; OP NATURAL ; BACK TWISTY VINE 4 ;

{Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ; {Thru Vine 4} Repeat meas 4 Part A ; {OP Natural} Repeat meas 7 Part A ; {Bk Twisty Vine 4} Repeat meas 11 Part A ;

05-08 IMPETUS to SCP ; THRU SIDE BEHIND ; ROLL 3 to SCP ; CHAIR & SLIP ;

{Impetus to SCP} Bk L comm RF trn, -, cl R heel trn, fwd L (W fwd R btw M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R) to SCP LOD ; {Thru Sd Behind} Thru R, -, sd L, XRib (W XLib) to mom LOP RLOD ; {Roll 3 to SCP} Bk & sd L stg LF roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwd L to SCP LOD ; {Chair & Slip} Ck thru R, -, rec L, trng LF bk R (W ck thru L, -, rec R, swvlg LF on R fwd L) to CP DLC ;

09-12 TELEMAR to SCP ; HOVER FALLAWAY ; SLIP PIVOT ; CROSS PIVOT to SCAR ;

{**Telemark to SCP**} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW ; {**Hover Fallaway**} Fwd R, -, fwd L risg & ckg, rec R to SCP DLW ; {**Slip Pivot**} Bk L, -, bk R trng LF, fwd L (*W bk R, -, trng 1/2 LF slip L fwd, sd & bk R*) to BJO DLW ; {**Cross Pivot to SCAR**} Fwd R in frt of W strt RF trn, -, sd L cont RF trn, fwd R (*W sm bk L strt RF trn, -, fwd R btw M's ft heel to toe pvtg 1/2 RF, sd & bk L*) to SCAR DLW ;

13-16 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; SLOW SIDE LOCK ;

{**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 ; {**Slow Sd Lk**} Thru R, -, fwd & sd L rising trng LF, cl R (*W thru L trng LF, -,sd R trng LF, XLif*) to CP DLC ;

ENDING

01-02 OP REVERSE TURN ; BACK to LEFT LUNGE ;

{**OP Reverse Turn**} Repeat meas 9 Part A ; {**Bk to a Left Lunge**} [SS-] Bk R, -, sd & slightly fwd on L and flex L knee making slight RF body rotation, look at ptr & hold ;