

THE FIRST THING EVERY MORNING 5

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

Rhythm: Foxtrot **Phase: V**

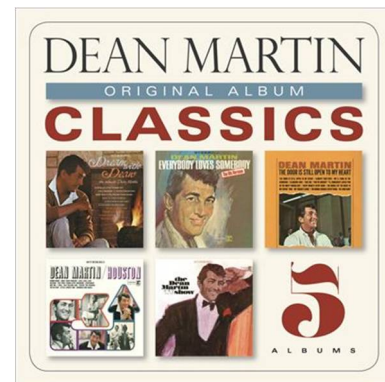
Footwork: Opposite except where (Noted)

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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} [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 ; WHISK in 4 ; THRU VINE 4 ; OP NATURAL ;

{Whisk} Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; {Whisk in 4} [QQQQ] Thru R in SCP, trng twd ptr cl L to CP WALL, sd R, XLib(*W XRib*) to SCP LOD ; {Thru Vine 4} Repeat meas 4 Part A ; {OP Natural} Repeat meas 7 Part A ;

05-08 DBL BACK LILT ; IMPETUS to SCP ; NATURAL HOVER CROSS ; ;

{DBL Bk Lilt} [S/&,S/&} Bk R -/ cl L risg but keepg knees bent, bk R, -/cl L risg but keepg knees bent ; {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 ; {Nat Hover Cross} [SQQ; QQQQ] Fwd R comm RF turn, -, sd L cont RF turn, sd R cont RF turn to fc DLC in SCAR (*W fwd L comm RF turn, -, fwd R cont RF turn, cont RF turn sd L*) ; Fwd L small step on toes, rec R, trng LF & blending briefly to CP sd L, XRif to BJO DLC ;

09-12 TELEMAR to SCP ; NAT HOVER FALLAWAY ; Ck BACK & REC to WHIPLASH BJO ;

TOP SPIN ;

{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 ; **{Nat Hover Fallaway}** In SCP thruout fwd R, -, fwd L risg & trng RF, rec R (*W fwd L, -, fwd R, rec L*) to SCP DRW ; **{CK BK & Rec to a Whiplash BJO}** [SS] Bk L in SCP ckg, -, rec R, pnt L to R to DRW trng body LF (*W bk R ckg, -, rec L swivel LF ronde R CCW,-*) to BJO DRW ; **{Top Spin}** Trng 1/2 LF ovr 4 steps bk L, bk R, sd & fwd L, fwd R to BJO DLC ;

13-16 REVERSE WAVE 3 to CHECK & WEAWE ; ; ; CHANGE of DIRECTION ;

{Reverse Wave 3 to Check & Weave} Fwd L comm LF trn, -, sd R trng LF (*W heel trn*), bk L twd DLW to CP DRC ; Check bk R, -, rec L, sd R trng 1/8 LF ; [QQQQ] Bk L w/ R shldr ld to BJO trng 1/8 LF, bk R to CP contg to trn LF, sd & fwd L contg trn, fwd R to BJO DLW ; **{Chng of Direction}** Repeat meas 15 Part A ;

ENDING

01-02 REVERSE FALLAWAY & SLIP ; FORWARD & RIGHT LUNGE ;

{Reverse Fallaway & Slip} [1,2,3&] Fwd L trng LF, cont LF trn sd & bk R, XLib in SCP to fc DRW, rising & trng LF on L ck bk R (*W bk R trng LF, sd & bk L, XRib in SCP to fc DRW, trng LF on R toe fwd L & cont to trn LF on L*) to BJO DLW ; **{Fwd & Right Lunge}** [SS] Fwd L, -, flexg L knee sd & fwd R & flex R knee w/ slight LF bdy trn lookg at W (*W look L*) to DRW, -;