

First Day of My Life

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Music: First Day of My Life Artist: Alec Medina Album: Chartbreaker 8 CD Available for download
as a single at Casa Musica
Time: As downloaded 3:01 Recommended speed: 43 in DM, about 28 mpm
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm: Waltz Phase: V+2 (Telespin, Same Ft Lunge) Difficulty: Average
Sequence: INTRO, A, B, Inter, A, B, BRIDGE, C, B, B, END

INTRO

1-8 **(LOP/BOTH FCG WALL) R FT FREE WAIT 2 MEAS ; ; SYNC FRNT VIN 4 ; X CK, REC, PT ; SYNC FRNT VIN 4 ; X CHK, REC, PT ; FRNT VIN 3 ; WK PU MAN IN 2 (CP DLC) ;**
--- (1-2) {Wait} wait 2 Meas ; ;
Q&QQ (3) {Sync Frt Vin 4} XRif/sd L, XRib, sd L (XRif/sd L, XRib, sd L);
QQ- (4) {X Ck Rec, Pt} XRif, rec L, pt sd R (XRif, rec L, pt sd R);
(5-6) Repeat Measures 3-4
QQQ (7) {Frt Vin 3} XRif, sd L, XRib (XRif, sd L, XRib);
QQ- (QQQ) (8) {Wk, PU} fwd L trng slightly LF, fwd R, tch L (fwd L comm LF trn, fwd R cont LF trn, cl L) to CP/DLC;

PART A

1-4 **DBL REV (2X) (DLW) ; ; CHG DIR ; 1 L TRN ;**
QQ- (QQQ&) (1-2) {DBL Rev} fwd L comm LF trn, fwd & sd R cont LF trn, cont LF spin touch L to R (bk R comm LF trn, cl L to R heel trn, cont LF trn sd and slightly bk R/XLif) to CP/LOD; Repeat meas 1 but end in CP/DLW;
QQ- (3) {Chg of Dir} fwd L, fwd R toe pointing LOD comm LF trn, cont LF trn tch L to R to CP/DLC;
QQQ (4) {L Trn} fwd L comm LF trn, fwd & sd R cont LF trn, cl L to R to CP/RLOD;
5-8 **BK TO TOP SPN ; BK & CHASSE (BJO) ; OP NAT ; OUTSD SPN ;**
Q&QQ (5) {Top Spn} cont LF trn bk R/sd & bk L toe pting almost LOD cont LF trn, fwd R LOD outsd ptr comm LF spin keeping knees tog & L ft bk, bk L DLW slightly behind R to complete 3/8 LF spin (fwd L comm LF trn/sd & fwd R, bk L LOD comm LF spin keeping R ft fwd, fwd R DLW slightly in front of L to complete 3/8 LF spin) to end BJO/DRC;
QQ&Q (6) {Bk & Chasse} bk R trng LF, sd L/cl R, sd L to BJO/DLW;
QQQ (7) {Op Nat} fwd R comm RF trn, fwd & sd L cont RF trn, bk R to BJO/DRC;
QQQ (8) {Outsd Spn} trng body RF toe in bk L small step, fwd R cont trn outside ptr, sd & bk L (trng body RF fwd R outside ptr, cl L to R cont trn, fwd R) to CP/RLOD;
9-12 **DBL R TRNG LK ; SCP DLC ; QK OP REV ; OP FIN ;**
Q&QQ (9-10) {Dbl R Trng Lk} bk R w/ R-sd ld comm RF trn/XLif to fc COH, sd & fwd R btwn W's ft pvtg RF, cont pvtg RF bk L (fwd L w/ L-sd ld/XRib trng RF, cont trng RF sd & bk L, cont trng RF fwd R) end CP/RLOD; bk R w/ R-sd ld comm RF trn/XLif to fc COH, cont trng RF sd & fwd R btwn W's ft, sd & fwd L (W fwd L w/ L-sd ld/XRib trng RF, cont trng RF sd & bk L, cont trng RF sd & fwd R) end SCP/DLC;
QQQ& (11) {Qk Op Rev} thru R, fwd L trng LF to CP, cont LF trn sd & bk R/bk L to BJO/DRC;
QQQ (12) {Op Fin} bk R twd DLW comm LF trn, cont LF trn sd & fwd L, fwd R outside ptr to BJO/DLW;

PART B

1-4 **FWD WALTZ ; MANUV ; SPN OVRTRN (DRW) ; TRNG LK ;**
QQQ (1) {Fwd Waltz} fwd L, fwd & sd R, cl L (sd & bk R to CP, sd bk L, cl R to L) to CP/DLW;
QQQ (2) {Manuv} fwd R comm RF trn, fwd & sd L cont RF trn, cl R to CP/RLOD;

- QQQ (3) **{Spn OvrTrn}** starting RF trn bk L pivtg ½ RF, fwd R cont trng to fc DRW, bk L (fwd R heel to toe pvtg 1/2, bk L toe cont trn & brush R to L, fwd R) to CP/DRW;
- Q&QQ (4) **{Trng Lk}** bk R w/ R-sd ld/XLif, bk R comm LF trn, sd and slightly fwd L to BJO/DLW;
- 5-8 CRV FEA CHKG ; SLO OUTSD SWVL ; LILT PVT ; R LUNGE ROLL & SLIP (DLW) ;**
- QQQ (5) **{Curved Feather}** fwd R outside ptr comm curving RF, sd & fwd L cont curving RF w/ L-sd ld, fwd R cont curving RF w/checking motion end BJO/DRW;
- Q-- (6) **{Slo Outsd Swvl}** bk L w/ R-sd ld, pull R across L [no weight], - (fwd R, swvl 1/2 RF to SCP, -) end SCP/RL0D;
- SQ (7) **{Lilt Pvt}** lowerng into L knee fwd R heel to toe, w/o chg of wgt turn body sltly LF to ld W to fold to CP, fwd L on toe (lowerng into R knee fwd L heel to toe, swvl 1/2 LF on L toe square in frnt of M w/o chg of wgt keeping head to R, bk R on toe);
- QQQ (8) **{R Lunge, Roll & Slip}** sd & fwd R flexing knee, rolling RF on R rec L, swiveling LF on L slip R bk well under body (sd & bk L flexing knee, rolling RF on L rec R, swiveling LF on R slip fwd L) end CP/DLW;

INTER

- 1-3 HVR ; X HES ; HES CHG ;**
- QQQ (1) **{Hvr}** fwd L, fwd & sd R rising brush L toward R, sd & fwd L (sd & fwd R) to SCP/DLC;
- Q—(QQQ) (2) **{X Hes}** thru R comm LF trn, cont LF body trn, cont LF trn (thru L comm LF trn, cont LF trn sd R, cont trng LF cl L) to BJO/DRC;
- QQ- (3) **{Hes Chg}** bk L comm RF trn, sd R cont RF trn, draw L to R (fwd R comm RF trn, sd L cont RF trn, draw R to L) to CP/DLC;

REPEAT PART A**REPEAT PART B****BRIDGE**

- 1-2 WSK ; SLO SD LK ;**
- QQQ (1) **{Wsk}** fwd L, sd & slightly fwd R, XLib (XRib) to SCP/LOD;
- QQQ (2) **{Slo Sd Lk}** thru R, fwd & sd L comm LF trn leading W to swing in front to P/UP, cont trng LF lk Rib (lk Lif) to CP/DLC;

PART C

- 1-4 TELE SPN (SCP) ; ; MANUV, PVT 2 (CP/DLC) ; SLO CONTRA CK ;**
- QQ- QQQ (1-2) **{Tele spn}** fwd L comm LF trn, sd R toward DLC cont trng LF, sd and slightly bk L toe pointing LOD with partial weight body fcg DRW (bk R comm LF trn, heel trn on R cl L to R, sd & fwd R to LOD draw L ft near R ft without weight); cont trng LF to lead ptr fwd/fwd L taking full weight spin LF leading ptn to CP, sd R towards DLC cont trng LF, sd & fwd L (trng LF fwd L/cont trng LF sd & fwd R to CP, toe spin on R cl L to R on toes, cont trng LF sd & fwd R) to SCP/DLW;
- QQQ (3) **{Man, Pvt 2}** comm RF trn fwd R fc RLOD, cont RF trn bk L, cont RF trn fwd R CP/DLC;
- Q-- (4) **{Slo Contra Ck}** lower keeping hips up to ptr fwd L in contra body movement w/ R-sd lding and cont bringing R-sd thru to extend over meas looking twd but over W (head well to L);
- 5-8 HOLD, REC & SWITCH (CP/DLW) ; NAT WEAVE ; ; 1/2 NAT ;**
- QQ (5) **{Hold, Rec & Switch}** hold, rec R comm RF trn, cont RF trn slip bk L well under body to CP/DLW;
- QQQ QQQ (6-7) **{Nat Weave}** fwd R comm RF trn, cont RF trn sd L, bk R BJO/DLC; bk L in BJO, bk R to CP comm to trn LF, comp 1/4 LF trn sd & fwd L (bk L comm RF trn, cont RF trn on L heel & cl R & rise [heel trn], fwd L; fwd R outsd ptr, fwd L to CP comm to trn LF, comp 1/4 LF trn sd & bk R) to BJO/DLW;
- QQQ (8) **{1/2 Nat'l}** comm RF trn fwd R, sd L across Line of Dance, bk R CP/RL0D;
- 9-10 BK & R CHASSE (CP/DLC) ; DBL REV (DLW) ;**
- (QQ&Q) (9) **{Bk & R Chasse}** bk L trng RF, sd R/cl L, sd R to CP/DLC;
- QQ- (QQQ&) (10) **{Dbl Rev}** repeat part A meas 1 to end in CP/DLW

REPEAT PART B**REPEAT PART B**

END

	1-7	<u>HVR ; WEAVE (BJO) ; ; NAT PVT PREP (COH) ; SAME FT LUNGE ; SLO CHG SWAY ;</u>
QQQ	(1)	{Hvr} repeat interlude meas 1
QQQ QQQ	(2-3)	{Weave} fwd R, fwd L comm LF trn, cont trng LF sd & slightly bk R twd DLC (fwd L, trng LF sd & bk R, cont trng LF fwd L) end BJO/DRW; bk L outside ptr, sd & bk R trng body LF, cont trng LF sd & fwd L (fwd R outside ptr, fwd L trng body LF, cont trng LF sd & bk R) end BJO/DLW;
QQ-(QQQ)	(4)	{Nat Pvt Prep} fwd R outside ptr comm RF trn, fwd & sd L cont RF trn to fc COH, w/ L-sd ld tch R to L (bk L comm RF trn, cl R to L heel trn, swiveling slightly RF on R, sm sd and bk L in prep pos head opening to R looking RLOD);
Q--	(5)	{Same Ft Lunge} lower on L with slight L sway/reach sd R toe pointing DLC, cont to transfer to R with soft knee, stretch upward and sway R (XRib well underneath body keeping weight off heel allow M to trn your head well to L);
---	(6-7)	{Chg Sway} using the whole meas slowly chg sway by trng body slightly RF from L hip stretching R sd to open W's head to right M's head to left; cont developing top ln separation;

QUICK CUES**SEQUENCE: INTRO A B INTER A B BRG C B B END****INTRO:**

**LOP FCG WALL, W to M'S L SD, R FT FREE FOR BOTH WAIT 2 MEAS;;
 SYNC FRT VIN 4; X CHK REC PT; SYNC FRNT VIN 4; X CK REC PT;
 FRNT VIN 3; WLK PU (DC) M in 2;**

PART A:

**DBL REV(2X) (DLW);; CHG DIR; 1 L TRN; BK to TOP SPIN;
 BK & CHASSE (BJO); OP NAT; OUTSD SPN;
 DBL R TRNG LK; (SCP); QK OP REV; OP FIN;**

PART B:

**FWD WALTZ; MANUV; SPN OVRTRN (DRW); TRNG LK; CRV FTTHR CKG;
 SLO OUTSD SWVL; LILT PVT; R LUNGE ROLL & SLIP (DLW);**

INTER:

HVR; X HES; HES CHG;

PART A:

**DBL REV(2X) (DLW);; CHG DIR; 1 L TRN; BK to TOP SPIN;
 BK & CHASSE (BJO); OP NAT; OUTSD SPN;
 DBL R TRNG LK; (SCP); QK OP REV; OP FIN;**

PART B:

**FWD WALTZ; MANUV; SPN OVRTRN (DRW); TRNG LK; CRV FTTHR CKG;
 SLO OUTSD SWVL; LILT PVT; R LUNGE ROLL & SLIP (DLW);**

BRG:

WSK; SLO SD LK;

PART C:

**TELESPN (SCP);; MANUV PVT 2 (DLC); CONTRA CK;
HOLD REC SWITCH (DLW); NAT WEAVE;; OP NAT;
BK & R CHASSE (DLC); DBL REV (DLW);**

PART B:

**FWD WALTZ; MANUV; SPN OVRTRN (DRW); TRNG LK; CRV FTTHR CKG;
SLO OUTSD SWVL; LILT PVT; R LUNGE ROLL & SLIP (DLW);**

PART B:

**FWD WALTZ; MANUV; SPN OVRTRN (DRW); TRNG LK; CRV FTTHR CKG;
SLO OUTSD SWVL; LILT PVT; R LUNGE ROLL & SLIP (DLW);**

END:

**HVR; WEAVE (BJO);; NAT PVT PREP (FC COH) M in 2;
SAME FT LUNGE; SLO CHG SWAY;**