

# Last Thing On My Mind

**COPPER** KNOB  
STEPSHEETS

Count: 44

Wand: 2

Ebene: Improver

Choreograf/in: "Rodeo" Ruth Lambden (UK)

Musik: Last Thing On My Mind - Steps



## SIDE SHUFFLE RIGHT WITH ½ TURN & SIDE SHUFFLE LEFT TWICE

- 1&2 Side shuffle right with ½ turn right stepping - right-left-right  
3&4 Side shuffle left stepping - left-right-left  
5&6 Side shuffle right with ½ turn right stepping - right-left-right  
7&8 Side shuffle left stepping - left-right-left

## HEEL DIGS & HEEL SWITCHES

- 9-10 Touch right heel forward, step right beside left  
1-12 Touch left heel forward, step left beside right  
13& Touch right heel forward, step right beside left  
14& Touch left heel forward, step left beside right  
15& Touch right heel forward, step right beside left  
16 Touch left heel forward

## SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

- 17&18 Step forward left, close right beside left, step forward left  
19-20 Rock forward on right, rock back onto left  
21&22 Step back right, close left beside right, step back right  
23-24 Rock back left, rock forward right

## SIDE, CLOSE, SIDE, TOUCH WITH ARM SWING & CLICK, RIGHT LUNGE

- 25 Step left to left side, (push elbows back)  
26 Step right beside left, (swing arms forward and click fingers)  
27-28 Step left to left side, touch right beside left (repeat arm moves)  
29-30 Step right large step right with knee bent (lunge), hold  
31-32 Slide left foot to right, step left beside right (weight ends on left)

## ½ TURN CHUGS, FULL TURN CHUGS, CROSS, UNWIND FULL TURN

- 33-35 On ball of left use right toe to make ½ turn left in 3 toe pushes  
36 Step right beside left taking weight  
37-40 On ball of right use left toe to make a full turn right in 4 pushes  
41 Cross left toe over right  
42-44 Unwind full turn right, taking weight onto left

## HANDS: (OPTIONAL) TO BE DANCED DURING CHORUS, WALLS 2,4,6,7

- 1-8 Roll arms calypso style during shuffles  
9-12 With each heel dig swing thumbs up towards head then down again  
29-30 Point right index finger up to right diagonal, left hand on hip  
33-40 With palms flat at either side of head, elbows out, move hands in small circles as if shampooing hair

## REPEAT