

The Last Time

Compte: 32

Mur: 2

Niveau: High Improver

Chorégraphe: Antoinette Seiler (UK) - October 2022

Musique: The Last Time - Tenille Townes



Intro: 8 counts (approx. 6 secs – start just before the lyrics)

S1: Rock Forward R, Recover L, R Coaster, L Cross Rock, Recover R, Step L, Cross R, Side L, Touch R

Heel

1,2 Rock forward on R, recover weight on L

3&4 Step back on R, step L next to R, step forward R

(option: or triple full turn right stepping R, L, R)

5,6 Cross rock L over R, recover weight on R

&7&8 Step L next to R, cross step R over L, step L to L side, touch R heel forward

S2: Step R, Cross L, Side R, Behind Side Cross, Side Rocks

&1,2 Step on to R, cross step L over R, step R to R side

3&4 Step L behind R, step R to R side, cross step L over R

5,6 Rock R out to R side, recover weight on L

&7,8 Step R next to L, rock L out to L side, recover weight on R

RESTART 1: During WALL 2 dance up to and including count 8 of S2, then step L next to R and restart facing 6 o'clock.

S3: Cross L, Side R, L Sailor ¼ Heel, Step L, Touch R, Step R, Touch L Heel, Step L, Cross R, Side L, Touch R Heel

1,2 Cross step L over R, step R to R side

3&4 Step L behind R making ¼ turn L, step R next to L, touch L heel forward [9:00]

RESTART 2: During WALL 5, dance up to and including count 2 of S3, then dance a L sailor step but OMIT THE ¼ TURN, then restart facing 6 o'clock.

&5&6 Step L next to R, touch R next to L, step back on R, touch L heel forward

&7&8 Step L next to R, cross step R over L, step L to L side, touch R heel to R diagonal

S4: Step R, L Cross Rock, Recover R, Step L, R Cross Rock, Recover L, Step R, Cross L, Turn ¼ L, Turn ½ L, Step R, Pivot ½ L

&1,2 Step on to R, cross rock L over R, recover weight on R

&3,4 Step L to L side, cross rock R over L, recover weight on L

&5,6 Step R to R side, cross step L over R, make ¼ turn L stepping back on R [6:00]

7,8 Make ½ turn L stepping forward on L, step forward on R [12:00]

& Make ½ turn L (weight forward on L) [6:00]

Start Over

ENDING: The music finishes during Wall 9 after the side rocks in S2. To finish the dance, cross step L over R, step R to R side, touch L toe behind R .

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