

# The Last Time

拍数: 32      墙数: 2      级数: High Improver  
编舞者: Antoinette Seiler (UK) - October 2022  
音乐: 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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