Last Confession

拍数: 62

级数: Phrased Intermediate

编舞者: Mark Furnell (UK) & Chris Godden (UK) - December 2023

音乐: Ladada (Mes Derniers Mots) - Claude

Intro: 40 Counts, Start at approx 20 secs

Sequence: A, B, A, A (16 Counts), A, A (24 Counts), B, A, A, Ending

Part A

Part A	
SEC 1 Camel Walks, Shuffle Press, Recover Sweep, Back Sweep, ¼ Sailor	
1-2	Step right forward popping left knee forward, step left forward popping right knee forward
3	Step right forward popping left knee forward
Arms	
1-2	Grab both elbows with elbows in front of body, slide hands down to wrists
3	Push both arms down
4&	Step left forward, step right beside left
5-6	Press left forward, recover weight onto right sweeping left from front to back
7	Step left back sweeping right from front to back
8&1	Turn ¼ right step right behind left, step left to left, step right forward (3:00)
SEC 2 ½ Pivot, ½ Step, ¼ Sweep, Cross, Side Rock, Behind, Side, Cross Shuffle	
2	Pivot ½ left transferring weight on to left (9:00)
3-4	Turn $\frac{1}{2}$ right step right forward, turn $\frac{1}{4}$ right sweep left from back to front (6:00)
5	Cross left over right
6&	Rock right to right, recover weight onto left
7&	Step right behind left, step left to left
8&1	Cross right over left, step left beside right, cross right over left
Restart Here, 3rd time Part A is danced, change 8& to the following the Restart with Part A	
8&	Cross right over left, step left beside right
SEC 3 Side Rock, Behind, Full Walk Around	
2-3	Rock left to left, recover weight onto right
4-5	Step left behind right, turn ¼ right step right forward (9:00)
6-7	Turn ¼ right step left forward, turn ¼ right step right forward (3:00)
8	Turn ¼ right step left to left (6:00)
Restart Here 5th time Part A is danced, Restarting with Part B	
SEC 4 Behind Sweep, Hold, Pony, Back Rock, Full Turn	
1-2	Step right behind left sweep left from front to back, hold
3&4	Step left back hitching right knee, step right beside left, step left back hitching right knee
5-6	Rock right back, recover weight onto left
7-8	Turn $\frac{1}{2}$ left step right back, turn $\frac{1}{2}$ left step left forward (6:00)
Part B	
SEC 1 Side, Behind, ¼ Step, Rock, Back Back Sweep, Behind, ¼ Side, Step, Full Spiral Turn, Run Run ¼	

SEC 1 Side, Behind, ¼ Step, Rock, Back Back Sweep, Behind, ¼ Side, Step, Full Spiral Turn, Run Run ¼ Step Sweep

- 1-2& Step right to right, Step left behind right, turn ¼ right step right forward (9:00)
- 3-4& Rock left forward, recover weight onto right, step left back
- 5 Step right back sweeping left from front to back
- 6& Step left behind right, turn ¼ right step right to right
- 7 Step left forward spiral full turn right hooking right (12:00)





墙数:2

- 8& Step right forward, step left forward
- 1 Step right forward turn 1/4 right sweeping left from back to front

SEC 2 Cross, $\frac{1}{4}$ Back, Back, Back Rock, Recover, Back Rock, Recover, Back Rock, Recover, Step, $\frac{1}{2}$ Unwind

- 2&3 Cross left over right, turn ¼ left step right back, step left back (12:00)
- 4&5 Step back right, step back left, rock right back
- a6a Recover weight onto left, rock right back, recover weight onto left

SEC 3 Step Pivot, Slow unwind

- 1-5 Step right forward, unwind ½ left keeping weight on right (6:00)
- 6&7& Point left to left, step left beside right, point right to right, step right beside left
- 8& Point left forward, step left beside right

Ending

Step, ½ Pivot, Out Out, Hold, Arms 1-2 Step right forward, pivot ½ left tran

- 1-2 Step right forward, pivot ½ left transferring weight on to left
 3-4 Step right to right, step left to left
 Arms
- 3-4 Place right arm to right side, place left arm to left side
- 5 Hold
- 6-7 Grab both elbows with elbows in front of body, slide hands down to wrists8 Push both arms down dropping head

Last Update: 9 Jan 2024