

The Last Dance

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Adrian Churm (UK)
音乐: Save The Last Dance For Me - Dave Sheriff



MAMBO FORWARD AND BACK, PIVOT TURNS

- 1-4 Left foot steps forward, replace weight back onto right foot, small step back with left foot, pause for one count
- 5-8 Right foot steps back, replace weight forward onto left foot, small step forward with right foot, pause for one count
- 9-12 Left foot, steps forward, make a $\frac{1}{2}$ turn to the right, small step forward with left foot, pause for one count
- 13-16 Repeat 9-12 on the opposite foot turning to the left

SIDE STEPS LEFT AND RIGHT WITH FOOT FLICK, $\frac{1}{4}$ TURN LEFT, BACK MAMBO, CROSS ROCK, RONDE INTO FOOT CLOSE

- 17-20 Left foot steps to left side, close right foot to left foot, left foot steps to left side, flick right foot diagonally forward to right
- 21-24 On balls of right foot step right and slightly back, cross left foot over right, as right foot steps to the side, make a $\frac{1}{4}$ turn to the left, flick left foot forward
- 25-28 Left foot steps back, replace weight forward onto right foot, small step forward with left foot, pause for one count
- 29-32 Right foot steps forward and across left foot, replace weight back onto left foot, arc right foot around to the right side, close right foot to left foot (right foot taking weight)

8 COUNT BOX STEP

- 32-40 Left foot steps to the left side, right foot closes next to left foot, left foot steps forward, pause for one count, right foot steps to the right side, close left foot next to right foot, right foot steps back, pause for one count

SIDE STEPS LEFT $\frac{1}{4}$ TURN RIGHT INTO ROCK BACK $\frac{1}{4}$ TURN LEFT INTO SIDE STEP $\frac{1}{4}$ TURN LEFT INTO BACK MAMBO

- 41-44 Left foot steps to the left side, right foot closes towards left foot, left foot steps to the side, pause for one count

Slight turn right on the pause complete on next step

45 - 48 Make a $\frac{1}{4}$ turn right and step right foot back, replace weight forward onto left foot, make $\frac{1}{4}$ turn back to the left and step right foot to the side, pause for one count

Slight turn to the left on the pause complete turn on next step

- 49-52 Make a $\frac{1}{4}$ turn to the left and step back on left foot, replace weight forward onto right foot left foot steps forward, pause for one count

PADDLE TURN $\frac{1}{2}$ AND $\frac{1}{4}$ TO THE LEFT, CROSS ROCK, ROCK INTO RONDE

- 53-56 Step forward on ball of right foot, make $\frac{1}{2}$ turn to the left, step forward on ball of right foot make $\frac{1}{4}$ turn to the left. (as you turn try pushing the hips out to the right) weight ends on left foot
- 57-60 Right foot steps forward and across left foot, replace weight back onto left foot, right foot steps to the right side, pause for one count
- 61-64 Left foot steps forward, replace weight back onto right foot, arc right foot all the way around until it is touching next to right foot. (weight remains on the right foot)

REPEAT