

# Last Thing On My Mind

**COPPER** KNOB  
STEPSHEETS

拍数: 44      墙数: 2      级数: Improver  
编舞者: "Rodeo" Ruth Lambden (UK)  
音乐: 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**