

# One Last Dance

COPPERKNOB  
STEPSHEETS

拍数: 40      墙数: 2      级数: Intermediate NC2S  
编舞者: Maria Maag (DK) & Jannie Tofte Stoian (DK) - April 2010  
音乐: Just One Last Dance (feat. Natural) - Sarah Connor



## 16 counts intro

### ½ R SWEEP L, JAZZ BOX ¼ L, 1 ¼ L, BASIC R, SWAY L, ¼ R, STEP L

1 Turn ½ R stepping fw on R, sweeping L around from back to front (1) 06:00  
2&3 Cross L over R (2), ¼ L stepping R back (&), step L fw (3) 03:00  
4&5 ½ L stepping R back (4), ½ L stepping L fw (&), ¼ L stepping R to R side (5) 12:00  
6&7 Close L behind R (6), cross R over L (&), step side L with sway (7) 12:00  
8& ¼ R stepping R fw (8), step L fw (&) 03:00

### ½ R, STEP ½ R, STEP ½ R, RUN L, R, L, COASTER STEP R, SCUFF HITCH POINT BACK L

1 Turn ½ R stepping R fw (1) 09:00  
&2 Step L fw (&), turn ½ R stepping R fw (2) 03:00  
&3 Step L fw (&), turn ½ R stepping R fw (3) 09:00  
4&5 Run fw L (4), R (&), L (5) 09:00  
6&7 Step back R (6), step L next to R (&), step R fw (7) 09:00  
&8& Scuff L fw (&), hitch L (8), point L back (&) 09:00

### ½ L SWEEP R, WEAVE SWEEP L, BEHIND SIDE CROSS ROCK, BACK BACK, SIDE R, RUN DIAGONALLY FW L, R,

1 Turn ½ L stepping down onto L sweeping R around (1) 03:00  
2&3 Cross R in front of L (2), step L to L (&), cross R behind L sweeping L around (3) 03:00  
4&5 Cross L behind R (4), step R to R side (&), cross rock L over R (5) 04:30  
6&7 Recover R (6), run back L (still diagonal) (&), step R to side (squaring to your 6 o'clock wall) (7) 06:00  
8& Run diagonally fw L (8), R (&) 07:30

### SIDE L, ¾ SWEEP R, ¾ R TRIPLE, ¼ PREP R, ½ L SWEEP, JAZZ BOX ¼ R, ROCK BACK, CROSS ¼ R

1 Step L to L side (squaring up to your 9 o'clock wall) sweeping R around ¾ R (1) 06:00  
2&3 Step fw R (2), turn ½ R stepping L back (&), ¼ R stepping R to side (3) 03:00  
4-5 Turn ¼ R as a prep keeping weight on R (3), ½ turn L stepping L fw sweeping R around (5) 12:00  
6&7 Cross R over L (6), turn ¼ R step L back (&), rock back R (7) 03:00  
8& Recover onto L (8), turn ¼ R crossing R in front of L (&) 06:00

### SIDE L FIGURE 4 ½ R, DIAGONALLY FW R, STEP ½ R, COASTER STEP R, STEP LOCK STEP L, ROCK STEP FW R

1 Step L to side, turn ½ figure 4 R (1) 12:00  
2&3 Step diagonally fw R (2), step diagonally fw L (&), turn ½ R keeping weight back on L (3) 07:30  
4&5 Step back R (4), step L next to R (&), step R fw (squaring up to your 6 o'clock wall) (5) 06:00  
6&7 Step L fw (6), lock R behind L (6), step L fw (7) 06:00  
8& Rock fw on R (8), recover back onto L (&) 06:00

**Note: Think of this step as mambo ½ R to start the dance over again R**

## START AGAIN

**TAG: at the end of wall 1 (starts facing 6 o'clock)**  
**Step together R, Rock L fw**

1-2 Step R next to L (1), Rock L fw (when you recover it's with a ½ turn R, to start again) (2)  
06:00

**Restart – On wall 3 (starts facing 12 o'clock)**

**SIDE L, ¾ SWEEP R, ¾ R TRIPLE, ¼ PREP R, ½ L SWEEP, JAZZ BOX ¼ R, ROCK BACK, CROSS ¼ R**

1 Step L to L side (squaring up to your 9 o'clock wall) sweeping R around ¾ R (1) 06:00

2&3 Step fw R (2), turn ½ R stepping L back (&), ¼ R stepping R to side (3) 03:00

4& Turn ¼ R as a prep keeping weight on R (4), recover back L (&) 06:00

**Restart: Turn ½ R stepping fw on R, sweeping L around from back to front (1) 12:00**

**Ending – to face your 12 o'clock wall:**

**You finish the dance doing your mambo ½ turn R, with a sweep (then facing 6 o'clock) – continue the sweep around another ½ turn to face 12 o'clock.**

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