

One Last Dance

COPPER KNOB
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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