

The "At Last" Blues (aka Hayloft Blues)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Forty Arroyo (USA) - November 2011
音乐: At Last - Beyoncé
或: At Last - Etta James



Dance Starts on the word "LAST" 32,32,32,24, bridge, (25-32), (1-8), Ending

SIDE, ROCK, RECOVER, SIDE, WEAVE – REPEAT (end at 12 o'clock)

1,2&a Step R to side(1), Rock back on L (on ball of L)(2), Recover on R(&), Step L to side(a)
3&a4 Step R behind L (on ball of R) (3), Step L to side (&), Cross R over L(a), Step L to side (4)
5,6&a REPEAT COUNTS 1,2&a
7&a8 REPEAT COUNTS 3&a4

STEP, ½ L , FULL TURN L*, PRESS, RECOVER, COASTER, 1/8 pivot L (2x), CROSS, STEP,STEP, CROSS, STEP, STEP (end at 3 o'clock)

1,2&a3 Step forward on R(1), Pivot ½ left (2), Turning ½ left - step slightly back on ball of R(&) Pivot ½ left on ball of R - step forward on L (a), Press ball of R forward (3)
4&a Recover on L (4), Step back on R (&), Step L next to R (a),
5&a Step forward on R (5), Rolling hips CCW - pivot 1/8 L(&), Shift weight to L(a)
6&a Step R in place (6), Rolling hips CCW - pivot 1/8 L(&), Shift weight to L(a)
7&a Cross R over L(7), Recover on L(&), Step R to side (a)
8&a Cross L over R (8), Recover on R (&), Step L to side(a)

*FULL TURN OPTION FOR STEPS 1,2&a3

(1,2&a3) Step forward on R(1), Pivot ½ L (2), Step R forward(&), Step L next to R(a), Press ball of R forward(3)

SIDE, ROCK, RECOVER, SIDE, BEHIND, BALL STEP, BALL STEP, CROSS, STEP, STEP – CROSS, STEP, STEP SIDE ¼ R, CROSS (end at 6 o'clock)

1,2&a Step R to side(1), Step L behind on ball of L(2), Recover on R(&), Step L to side(a)
3 Step R behind L-sweeping L behind
4&a5 Step ball of L behind R(4), Pushing off on L – small step forward on R(&), Step ball of L behind R(a), Pushing off on L – small step forward on R (5),
6&a Cross step L over R(6), Step back on R(&), Step back on L(a),
7&a Cross R over L (7), Step back on L(&), Step R to side turning ¼ right (a)
8 Cross L in front of R

Bridge happens here: PAUSE HERE ON 4TH ROTATION– Swaying upper body right and left – CONTINUE THE DANCE (with counts 25-32) ON THE WORD "LAST"

SIDE, BALL STEP - BALL STEP (repeat), SAILORS R & L, WEAVE

1 Step R to side
2&a3 Step ball of L behind L(2), Recover on R(&) Step ball of L to side(a), Recover on R(3)
4&a5 Step ball of L behind L(4), Recover on R(&), Step ball of L to side(a), Recover on R(5)
6&a Step L behind R- on ball of L(6), Step R to side(&), Step L to side(a)
7&a Step R behind L – on ball of R(7), Step L to side(&), Step R to side (a)
8&a Cross L behind R – on ball of L(8), Step R to side – on ball of R(&), Cross L over R(a)

Ending: 1-8 Dance the FIRST 8 counts of the dance – sweeping L around in front of R on count 8 (instead of stepping L to side) ... then do the following –

1 - Cross L over R – Pause/ wait for the music - then unwind slowly - a full turn to R – THE END
Repeat – Have Fun!!

REVISED 11/23/11

