

The Last Word

拍數: 48 牆數: 2 級數: High Intermediate waltz
編舞者: Fiona Murray (IRE) & Roy Hadisubroto (NL) - November 2017
音樂: The Last Word - Frances : (Album: Frances)



Intro: After 3 counts

Note: Start with feet apart and weight on left foot, Begin dance on count 4 of section 1 (Dedicated to Guyton Mundy)

[4 – 6] Rock, Recover, Drag (Arms)

4 - 5 - 6 Rock R to R side (4), Recover on L (5), Drag R next to L and turn 1/8 L (6) 10:30

Arms On counts 4 – 6

4 - 5 - 6 Bring both arms across body at hip height and open them to the side (4) Swing R hand from R side up above head (5) Bring R index finger in front of Lips (6)

[7 – 12] Twinkle, Spiral

1 - 2 - 3 Step R forward (1), Step L forward (2), ¼ Turn R Step R forward (3), 1:30

4 - 5 - 6 Cross L over R (4), Unwind ⅞ Turn R keeping weight on L ended with R crossed in front of L (5 – 6) 12:00

[13 – 18] Rock, Recover, Drag (Arms), ½ Basic

1 - 2 - 3 Rock R to R side (1), Recover on L (2), Drag R next to L keeping weight on L and turn 1/8 L (3) 10:30

4 - 5 - 6 Step R Back (4), ¼ Turn L Step L to L side (5), ¼ Turn L Step R forward (6) 4:30

Arms On counts 1 - 4

1-2-3-4 Bring R arm to R side at hip height (1) Swing R arm from R side up above head (2) L hand holding R wrist while reaching forward (3) Swing both hands down towards L hip (4)

[19 – 24] Step, ½ Turn L Pirouette, Travelling Pivot Turn.

1 - 2 - 3 Step L forward (1), ½ Turn L on L Hitching R knee (2 - 3) 10:30

4 - 5 - 6 Step R forward (4), ½ Turn R Step L backwards (5), ½ Turn R Step R forward 10:30

[25 – 30] Side, Drag, Touch, Behind, Out x2, Rock (Arms)

1 - 2 - 3 1/8 Turn R and Step L to L side (1), Drag R Behind L (2) Touch R behind L (3) 12:00

4 - 5 - 6 Step out on ball of R (4), Step out on ball of L (5), Rock R backwards with body facing (6) 12:00

Arms On Counts 4 - 6

4 - 5 - 6 Stretch R arm diagonally forward while rolling clockwise and closing hand (4) Stretch L arm diagonally forward while rolling counter clockwise and closing hand (5) Bring both arms to R side of chest (6)

[31 – 36] Step, Sweep, Cross, Back Lock, Back

1 - 2 - 3 Step L forward, ⅞ Turn L Start Sweeping R from back to front (1) Continue sweeping R forward (2), Finish R sweep in front of L without putting weight on it (3), 10:30

4 - 5 & 6 Cross R over L (4), Step L backwards (5), Cross R over L (&), Step L backwards (6) 10:30

[37 – 42] Side, Leg Lift, Hitch, Cross, 1 ⅞ Turn R Spiral

1 - 2 - 3 ⅞ Turn R Step R to R side (1), Lift L leg to L side (2), Hitch L knee (3) 12:00

4 - 5 - 6 Cross L over R (4), 1 ⅞ Turn R Spiral (5 – 6) 4:30

Arms On Counts 1- 3

1 - 2 - 3 Swing R arm from down to above head (1) R hand make a fist and slowly bring it down next to body (2-3)

[43 - 48] Step (Arms), Hold, Run x3

1 - 2 - 3 - 4 Step R forward and put R hand on mouth (1) Hold and Stretch R arm from the mouth out to R side (2-4) 4:30

5 & 6 Step L backwards (5), Step R backwards (&) Step L backwards and point R forward (6) 4:30

[1 - 3] Slow Leg Lift

1 - 2 - 3 Slowly bring R up while leg is extended and bring both arms forward (1-3) 4:30

TAG Tag starts at the end of wall 5. On the instrumental piece

4 - 5 - 6 Step R to R side and Sway to R (1) Sway L to L Side (2) Rock R in front of L (3) 4:30

1 - 2 - 3 Slowly bring R up while leg is extended and bring both arms forward (1-3) 4:30

START AGAIN AND HAVE FUN

DARE TO BE UNIQUE

Last Update - 19th Jan 2018
