

# The Last Man Standing

COPPER KNOB  
STEPPERS

拍數: 80      牆數: 1      級數: Phrased Intermediate  
編舞者: Hege Langhelle (NOR) - November 2024  
音樂: Last Man Standing - Livingston



Phrasing: AB AB a from count 33.

**A: 32 counts:**

**(1-8) fwd,hitch,run,run,rock,1/2sweep, Weave,sweep,behind,1/4fwd, 3/4spiral.**

1-2&3      Rf step fwd and hitch Lf(1), Run Lf(2), run Rf(&),Lf rock fwd(3).  
&4.      recover to Rf(&), 1/2L Lf fwd and Sweep Rf back to front(4)(06.00)  
5&6      Rf cross over Lf(5), Lf step L(&), Rf step behind Lf and sweep Lf Front to back(6).  
7&8      Lf step behind Rf(7), 1/4R Rf Step fwd(&), 3/4 spiral on Lf(8) (06.00).

**(9-16)lounge,3/4sweep,1/2sweep,1/4hitch Crossrock,hitch,behind.**

1-2      Rf step R(1), hold(2).  
3-4      1/4L recover to Lf and continue 1/2L sweeping Rf(3)(09.00) Rf step back and turn 1/2L  
Sweeping Lf(4)(03.00)  
5-6      Lf fwd 1/4 L hitching Rf(5), Rf cross Over Lf(6)(12.00)  
7-8      Recover to Lf hitching Rf back(7), Rf step behind Lf(8).

**(17-24)side,crossrock,siderock,behind,1/4L, Step,1/4L,crossrock,siderock,behind, 1/8L side, run,run.**

&1&2      Lf step L(&), Rf cross over Lf(1), Recover to Lf(&), Rf rock R(2).  
&3&4      Recover to Lf(&), Rf step behind Lf(3), 1/4L Lf step fwd(&), Rf step Fwd(4).(09.00).  
&5&6      1/4L recover to Lf(&), Rf cross Over Lf(5), recover to Lf(&), Rf rock R(6).(06.00).  
&7&8&      Recover to Lf(&), Rf step behind Lf(7), 1/8L Lf step L(&), run R(8)L(&). (04.30)

**(25-32)hitch,backslide,back,together,step,lock,step and Sweep 1/8,1/4back,1/2fwd,1/4start chasse'.**

1-2      Rf step fwd and hitch L knee(1), Lf slide Back(2).  
3&4&5      Rf step back(3), Lf step together(&), Rf Step fwd(4), Lf lock behind Rf(&), Rf step Fwd and  
sweep Lf 1/8R back to front(5)(06.00).  
6-7&8&      Lf cross over Rf(6), 1/4L Rf step back(7), 1/2 L Lf step fwd(&), 1/4 L Rf step R(8), Lf step beside  
Rf(&).(06.00)

**(33-40)swayx2,touch,swayx3,recover,weave,sweep, Behind,side.**

1-2&3      Rf sway R(1),sway L(2), Rf touch beside Lf(&), Rf sway R(3).  
4&5      Sway L(4), sway R(&), recover to Lf(5).  
6&7      Rf cross over Lf(6), Lf step L(&), Rf step Behind Lf and sweep Lf front to back(7).  
8&      Lf step behind Rf(8), Rf step R(&).

**(41-48)crossrock,1/4,1/4,drag,touch,1/4,1/2,1/4, Drag.**

1-2&3      Lf cross over Rf(1), recover to Rf(2), 1/4L Lf Step fwd(&), 1/4L Rf step R( 3) (R arm out to  
R).(12.00)  
&4-5      (R arm up)(&), Lf drag towards Rf(4) (R arm start Draging down in front of face), Lf touch  
Beside Rf(5) (R arm ending in front of face Knees bend)  
6&7      1/4L Lf step fwd(6), 1/2L Rf step back(&), 1/4L Lf step L(7) (L arm out to L).  
&8      (L arm up)(&), Rf drag towards Lf(8) (L arm Start draging down in front of face)(12.00).

**(49-56)touch,1/4,1/2,1/4,arms,1/4,mambo,coaster.**

1-2&3      Rf touch beside Lf(1) (L arm ending in front Of Face knees bend), 1/4R Rf step fwd(2), 1/2R  
Lf Step back(&), 1/4R Rf step R(3) L arm in front of body at shoulder hight from L to  
R)(12.00).  
4&5      ( R arm makes a wave under L arm) recover To Lf And turn 1/4 L as you finish the wave

6&7 Rf rock fwd(6), recover to Lf(&), Rf step  
8& Lf step back(8), Rf step beside Lf(&). (09.00)

**(57-64)fwd,1/2pivot,1/4,point,arms,1/2,side,point, Arms,1/2.**

1-2&3. Lf step fwd(1), Rf step fwd(2), ½ L weight Ends on Lf(&), ¼ L Rf step R(3)( both hands On chest)(12.00)  
&4-5. Lf point back(&), both hands raise up on Each side of the head(like a crown)(4), and Down(5).  
&6&. ½ L take weight on Lf(&), Rf step R(6), Lf point Back(&)  
7&8&. R arm reach fwd(7), L arm reach fwd(&), Both arm to chest(8), ½ L take weight to Lf(&)(12.00)

**Note: the last time do not turn ½ L to finish at 12.00**

**B: 16 counts:**

**(1-8)hitch,run,run,rock,sweep,sweep,1/2sweep ½,1/2.**

1-2&3. Rf step fwd and hitch Lf(1), run LR(2&), Lf Rock fwd(3).  
4-6. Recover to Rf and sweep Lf front to back(4), Lf step back and sweep Rf front to back(5), Rf step back and sweep Lf ½ L(6).(06.00)  
7-8&. Lf step fwd(7), 1/2 L Rf step back(8), ½ L Lf step fwd(&).

**(9-16)Repeat counts 1-8.**

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