

The Last Dance

拍數: 0 牆數: 1 級數: Improver
編舞者: Morten G. Naess
音樂: The Last Dance - Ty England



Sequence: AA BB Tag AA BB Tag Ending

PART A

ROCK RIGHT, ROCK RIGHT BACK, SHUFFLE RIGHT, PIVOT ½ turn

1-2 Rock right forward, recover on left
3-4 Rock right back, recover on left
5&6 Step right forward, step left beside right, step right forward
7-8 Step left forward, turn ½ turn over right shoulder

ROCK LEFT, ROCK LEFT BACK, SHUFFLE LEFT, PIVOT ¼ turn

1-2 Rock left forward, recover on right
3-4 Rock left back, recover on right
5&6 Step left forward, step right beside left, step left forward
7-8 Step right forward, turn ¼ turn over left shoulder

HEEL SWITCHES (RIGHT, LEFT, RIGHT), AND CROSS RIGHT OVER LEFT, UNWIND ½ turn

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3-4 Cross right over left, turn ½ turn, in place, over left shoulder

HEEL SWITCHES (LEFT, RIGHT, LEFT), AND CROSS LEFT OVER RIGHT, UNWIND ¼ turn

5& Touch left heel forward, step left beside right
6& Touch right heel forward, step right beside left
7-8 Cross left over right, turn ¼ turn, in place, over right shoulder

CROSS ROCK RIGHT, COASTER STEP RIGHT, CROSS ROCK LEFT, MAMBO STEP BACK ON LEFT

1-2 Rock right forward cross over left, recover on left
3&4 Step right back, step left beside right, step right forward
5-6 Rock left forward cross over left, recover on right
7&8 Step left back, step right in place step left beside right

PART B

WALK RIGHT, LEFT, ROCK STEP TURN ½ turn TO RIGHT, SWEEP LEFT, SWEEP RIGHT

1-2 Step right forward, step left forward
3& Rock right forward, recover on left
4 Turn ½ turn over right shoulder, step right forward
5-6 Sweep left and step down cross over right
7-8 Sweep right and step down cross over left

SYNCOPATED WEAVE LEFT, ROCK LEFT TO SIDE, ROLLING WINE RIGHT

1-2 Step left to left, step right cross behind left
&3 Step left to left, step right cross over left
4 Rock left to left
5-6 Step right ¼ turn to right, step left ¼ turn to right
7-8 Repeat 5-6

End with right leg back

COASTER STEP RIGHT, ROCK LEFT FORWARD, COASTER STEP LEFT, ROCK RIGHT FORWARD

- 1&2 Step right back, step left beside right, step right forward
3-4 Rock left forward, recover on right
5&6 Step left back, step right beside left, step left forward
7-8 Rock right forward, recover on left

SHUFFLE RIGHT, STEP LEFT, PIVOT ½ turn, SHUFFLE LEFT, ROCK OUT RIGHT AND LEFT

- 1&2 Step right forward, step left beside right, step right forward
3-4 Step left forward turn ½ turn over right shoulder
5&6 Step left forward, step right beside left step left forward
7-8 Rock right slightly to right, rock left slightly to left

TAG

SHUFFLE RIGHT, STEP LEFT, PIVOT ½ turn, SHUFFLE LEFT, STEP RIGHT, PIVOT ½ turn

- 1&2 Step right forward, step left beside right, step right forward
3-4 Step left forward turn ½ turn over right shoulder
5&6 Step left forward, step right beside left step left forward
7-8 Step right forward turn ½ turn over left shoulder

ENDING

- 1-8 Repeat 57-64 twice, finishing off with stepping right next to left
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