

The Last Dance

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Noel Bradey (AUS)
音樂: The Last Dance - Fredrik Kempe



CROSS, BACK, CROSS, KICK, BEHIND SIDE CROSS, FORWARD MAMBO. BACK MAMBO

- 1&2& (Traveling back on diagonal) cross/step left over right, step right back, cross/step left over right, kick right to side
3&4 Cross/step right behind left, step left to left side, cross/step right over left
5&6 Rock/step forward on left, replace weight to right, step left back
7&8 Rock/step back on right, replace weight to left, step right forward

CROSS, SIDE, CROSS, SWEEP, CROSS, SIDE, CROSS, SWEEP, CROSS, CROSS, CROSS TRIPLE

- 1&2& Cross/step left over right, step right to right, cross/step left over right, sweep/hitch right knee across over left
3&4& Cross/step right over left, step left to left, cross/step right over left, sweep/hitch left knee across over right
5-6 (On the spot) cross/step left over right, cross/step right over left
7&8 (On the spot) cross/step left over right, step on right in place, cross/step left over right

FORWARD, REPLACE, ½ TURN, ½ TURN SHUFFLE, ¼ SIDE, REPLACE, CROSS, FULL TRIPLE

- 1&2 Rock/step forward on right, replace weight to left, turn ½ turn right stepping forward on right (6:00)
3&4 Shuffle turn ½ turn right stepping left, right, left (12:00)
5&6 Turning ¼ turn right step right to right side, replace weight to left, cross/step right over left (3:00)
7&8 (Traveling to left) turn full turn left stepping left, right, left (3:00)

CROSS, REPLACE, SIDE, REPLACE, CROSS, SIDE, REPLACE, CROSS, REPLACE, SIDE REPLACE, CROSS, ¼ TURN, ¼ TURN

- 1&2&3&4 Cross/step right over left, replace weight to left, step right to right, replace weight to left, cross/step right over left, rock/step left to left side, replace weight to right
5&6&7&8 Cross/step left over right, replace weight to right, step left to left, replace weight to right, cross/step left over right, turning ¼ turn left step back on right, turning ¼ turn left step left to left side (9:00)

FORWARD, ½ PIVOT, FORWARD, FORWARD, ½ PIVOT, FORWARD, ½ TURN DIAGONAL HIPS, DIAGONAL HIPS

- 1&2 Step right forward, pivot turn ½ turn left, step right forward
3&4 Step left forward, pivot turn ½ turn right, step left forward (9:00)
&5&6 Turn ½ turn left, stepping back on right at diagonal pushing hips right, left, right (3:00)
7&8 Step back on left at diagonal pushing hips left, right, left

BALL, STEP ¼ TURN, ½ PIVOT TURN, ¼ STEP BACK, BACK MAMBO CROSS, SIDE REPLACE, BEHIND, REPLACE, SIDE

- &1&2 Step on ball of right beside left, turn ¼ turn right stepping left forward, pivot turn ½ turn right, turning ¼ turn right step left back
3&4 Rock/step back on right, replace weight to left, step right forward (3:00)
5&6 Cross/step left over right, replace weight to right, step left to left
7&8 Cross/step right behind left, replace weight to left, step right to right

REPEAT

RESTART

There is a restart on wall 5. Dance to count 34, then add:

1-2 Step left forward, pivot turn $\frac{1}{2}$ turn right (end weight on right)

Start dance again - you will be facing 9:00

END DANCE

Finish wall 7 at 3:00, do first 1&2& (to kick) then behind $\frac{1}{4}$ turn left, cross/step right over to face 12:00
