

Last Man Standing

拍數: 52 牆數: 4 級數: Intermediate
編舞者: The Lady In Black (UK)
音樂: Last Man Standing - Lucie Silvas



STEP SIDE, ROCK RECOVER, STEP SIDE, CROSS ROCK, ¼ TURN RIGHT, PIVOT ¾ TURN, SLIDE OUT, IN

1-2& Step right, rock left behind right, recover on right
3-4& Step left, cross rock right over left, recover on left
5-6& Step right ¼ turn right, step left forward, pivot ¾ turn right
7-8 Slide left leg out to left (right knee bent), drag left leg back up and in front of right (no weight)

Easy alternative for counts 7-8

7-8 Rock left out to left side, recover on right

CROSS STEP, STEP SIDE, ¼ TURN LEFT, ½ TURN LEFT, LEFT COASTER, STEP PIVOT ½ STEP, STEP PIVOT ½ TURN

1-2& Cross left over right, step right to right, step left ¼ turn left
3-4&5 Pivot ½ turn left stepping right back, left coaster
6&7 Step right forward, pivot ½ turn left, step right forward
8& Step left forward, pivot ½ turn right

STEP PIVOT ½ TURN, STEP PIVOT ½ TURN, WALKS FORWARD, ROCKING CHAIR, STEP SWEEP POINT

1& Step left forward, pivot ½ turn right
2& Step left forward, pivot ½ turn right
3-4 Walk forward on left, walk forward on right
5&6& Rock forward on left, recover on right, rock back on left, recover on right
7&8 Step left forward, sweep right leg in, sweep right leg out and point to side

CROSS WIND FULL TURN LEFT, SWAYS, WALKS BACK, COASTER STEP

1-2 Cross right over left, unwind full turn over left
3-4 Step right to right, sway hips to right, sway hips left

Optional body styling for counts 3-4: bring right across body below chest as you sway right, bring left arm across body below chest

5-6 Walk back on right, walk back on left
7&8 Right coaster step

¼ TURN, ½ TURNING SAILOR CROSS, STEP SIDE, ROCK RECOVER SIDE, ¼ SAILOR

1-2&3-4 Turn ¼ turn right stepping left to left side, step right behind left ¼ turn right, turn ¼ turn right stepping left to left side, step right across left step left to left
5&6 Rock right behind left, recover on left, step right to right side
7&8 Step left being right ¼ turn left, step right to right side, step left in place

STEP SIDE, ½ TURNING SAILOR CROSS, STEP SIDE, ROCK RECOVER ¼ TURN, STEP PIVOT ¾ TURN STEP SIDE

1-2&3-4 Step right to right side, step left behind right ¼ turn left, turn ¼ turn left stepping right to right side, step left across right, step right to right side
5&6 Rock left behind right, recover on right, step left ¼ turn left
7&8 Step right forward, pivot ¾ turn left, step right to right side

Restart from here on wall 2

STEP BEHIND ¼ TURN, STEP SIDE, ROCK RECOVER POINT

1&2 Step left behind right, step right $\frac{1}{4}$ turn right, step left to left side
3&4 Rock right behind left, recover on left, point right to right side

REPEAT

RESTART

On wall 2, restart the dance after count 40 (after th $\frac{1}{4}$ turn sailor)

On wall 5, dance counts 1-11, then turn back $\frac{1}{2}$ left stepping left forward and restart the dance from count 1

ENDING

Finish off by dancing counts 1-5, then pivot $\frac{1}{4}$ turn right on right sliding left leg out to side on count 6 to face the front
