

# Last One Standing

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Betsy Courant (USA) - January 2013  
音樂: Last One Standing by Nikki Flores



Dance starts about 30 seconds in, on the lyrics "last one standing".

**SIDE (R), BEHIND (L), CROSS (R), SIDE (L), BEHIND (R) & (L) SWEEP, LEFT COASTER, STEP/SWAY FORWARD (R), SWAY BACK (L), SWAY FORWARD (R), RECOVER (L), BACK (R), ½ TURN LEFT, FORWARD (R)**

- 1, 2&a      Step Right to right side, step on ball of Left behind Right, cross Right over Left, step Left to left side  
3, 4&a      Step on ball of Right behind Left while sweeping Left around behind Right, step back Left, step Right next to Left, step forward Left  
5-6-7      Step forward Right swaying forward, sway back Left, sway forward Right  
8&a1      Recover weight back on Left, step back Right, ½ turn left and step forward Left, step forward Right (6:00)

**SIDE (L), BEHIND (R), SWEEP/BEHIND (L) SIDE (R) FORWARD (L), WALK FORWARD R,L,R, FORWARD (L), ½ TURN RIGHT, ½ TURN RIGHT**

- 2, 3      Step Left to left side, step Right behind Left sweeping Left around behind Right  
4&a      Step Left behind Right, step Right next to Left, step forward Left  
**(Restart wall 2)**  
5, 6, 7      Walk forward Right, Left Right (add styling: step forward Right while dragging Left toe up to & past Right, step forward Left while dragging Right toe up to and past Left, step forward Right while dragging Left toe up to & past Right)  
8&a      Step forward on ball of Left, make ½ turn right step forward Right, make ½ turn right and step back on Left

**WALK BACK (R L R), LEFT SAILOR CROSS ¼ TURN LEFT, ROCK, (R), RECOVER (L), TOGETHER (R), ROCK (L), RECOVER (R), TOGETHER (L), FORWARD (R), RECOVER (L)**

- 1, 2, 3      Walk back Right, Left, Right  
4&a      Cross Left behind Right, make ¼ turn left stepping Right next to Left, cross Left over Right (3:00)  
5, 6a7      Rock Right to right side, recover Left, step Right next to Left, rock Left to left side  
8&a1      Recover Right, step Left next to Right, step forward Right, recover Left

**½ TURN (R), ½ TURN/SWEEP, SIDE (L), RIGHT SAILOR STEP, LEFT SAILOR STEP, BEHIND (R), SIDE (L), CROSS (R), LEFT SCISSOR STEP**

- 2, 3      ½ turn right stepping forward Right, keeping weight on Right make ½ turn right sweeping Left out and around  
4      Step Left to left side  
5&a      Step Right behind Left, step Left next to Right, step Right to right side  
6&a      Step Left behind Right, step Right next to Left, step Left to left side  
7&a      Step Right behind Left, step Left to left side, cross Right over Left  
8&a      Step Left to left side, recover Right, cross Left over Right (3:00)

**RESTART: On wall 2 restart dance on count 5 of the 2nd set of 8 counts (as noted above). This will now be wall 3.**

**TAG: At the end of Wall 5, add the following 2 counts:**

- 1      Step Right to right side  
2&a      Step Left to left side, recover Right, cross Left over Right

**ENDING (wall 7):** The dance ends during the first 8 counts of Wall 7. Dance up through 4&a, and instead of sways, simply walk around to the front wall (right) to finish off the dance.

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