One Last Dance (最後一支舞) (zh)

Compte: 40 **Mur:** 2 **Niveau:** Intermediate/Advanced
Chorégraphe: Maria Maag (DK) & Jannie Tofte Stoian (DK) - 2010年03月
Musique: Just One Last Dance (feat. Natural) - Sarah Connor : (CD: Key To My Soul)

前奏： Intro: 16 count intro (app. 19 sec. into track)

第一段 **½ R Sweep L, Jazz Box ¼ L, 1 ¼ L, Basic R, Sway L, ¼ R, Step L**
右1/2左繞, 爵士方塊左1/4, 1又1/4, 右基本, 左擺臀, 右1/4, 踏

1 Turn ½ R stepping fw on R, sweeping L around from back to front (1) [06:00] 右轉180度右足前踏, 左足由後繞至前(面向6點鐘)

2&3 Cross L over R (2), ¼ L stepping R back (&), step L fw (3) [03:00]
左足於右足前交叉踏, 左轉90度右足後踏, 左足前踏(面向3點鐘)

4&5 ½ L stepping R back (4), ½ L stepping L fw (&), ¼ L stepping R to R side (5) [12:00]
左轉180度右足後踏, 左轉180度左足前踏, 左轉90度右足右踏(面向12點鐘)

6&7 Close L behind R (6), cross R over L (&), step side L with sway (7) [12:00] 左足於右足後踏, 右足於左足前交叉踏, 左足左踏左擺臀(面向12點鐘)

8& ¼ R stepping R fw (8), step L fw (&) [03:00]
右轉90度右足前踏, 左足前踏(面向3點鐘)

第二段 **½ R, Step ½ R, Step ½ R, Run L, R, L, Coaster Step R, Scuff Hitch Point Back L 1/2, 踏 轉, 踏 轉, 跑 跑 跑, 海岸步, 擦踢 抬 後點**

1 Turn ½ R stepping R fw (1) [09:00]
右轉180度右足前踏(面向9點鐘)

&2 Step L fw (&), turn ½ R stepping R fw (2) [03:00]
左足前踏, 右轉180度右足前踏(面向3點鐘)

&3 Step L fw (&), turn ½ R stepping R fw (3) [09:00]
左足前踏, 右轉180度右足前踏(面向9點鐘)

4&5 Run fw L (4), R (&), L (5) [09:00]
前跑步-左, 右, 左(面向9點鐘)

6&7 Step back R (6), step L next to R (&), step R fw (7) [09:00]
右足後踏, 左足併踏, 右足前踏(面向9點鐘)

&8& Scuff L fw (&), hitch L (8), point L back (&) [09:00]
左足前擦踢, 左足抬, 左足後點(面向9點鐘)

第三段 **½ L Sweep R, Weave Sweep L, Behind Side Cross Rock, Back Back, Side R, Run Diagonally Fw L, R**
左轉繞, 藤步帶繞, 後 旁 前交叉下沉, 回復, 後, 右, 跑 跑

1 Turn ½ L stepping down onto L sweeping R around (1) [03:00]
左轉180度左足踏右足繞向前(面向3點鐘)

2&3 Cross R in front of L (2), step L to L (&), cross R behind L sweeping L around (3) [03:00]
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏左足繞向後(3點鐘)

4&5 Cross L behind R (4), step R to R side (&), cross rock L over R (5) [04:30] 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉下沉(面向4:30)

6&7 Recover R (6), run back L (still diagonal) (&), step R to side (squaring to your 6 o'clock wall)(7) [06:00]
右足回復, 面向斜角左足後跑, 右足右踏(轉正面向6點鐘)

8& Run diagonally fw L (8), R (&) [07:30] 斜角前跑-左, 右

第四段 **Side L, ¾ Sweep R, ¾ R Triple, ¼ Prep R, ½ L Sweep, Jazz Box ¼ R , Rock Back, Cross ¼ R**
左踏右繞3/4, 踏 1/2 1/4, 1/4, 左1/2, 爵士方塊右1/4, 後下沉 回復 1/4

1 Step L to L side (squaring up to your 9 o'clock wall) sweeping R around ¾ R (1) [06:00]
左足左踏(轉正面向9點鐘)右足右繞270度(面向6點鐘)

2&3 Step fw R (2), turn ½ R stepping L back (&), ¼ R stepping R to side (3) [03:00] 右足前踏, 右轉180度左足後踏, 右轉90度右足右踏(面向3點鐘)

4-5 Turn ¼ R as a prep keeping weight on R (3), ½ turn L stepping L fw sweeping R around (5) [12:00]
右轉90度重心在右足, 左轉180度左足前踏右足繞向前(面向12點鐘)

6&7 Cross R over L (6), turn ¼ R step L back (&), rock back R (7) [03:00]
右足於左足前交叉踏, 右轉90度左足後踏, 右足後下沉(面向3點鐘)

8& Recover onto L (8), turn ¼ R crossing R in front of L (&) [06:00]
左足回復, 右轉90度右足於左足前交叉踏(面向6點鐘)

第五段 Side L Figure 4 ½ R, Diagonally Fw R, Step ½ R, Coaster Step R, Step Lock Step L, Rock Step Fw R
左踏, 4字型轉, 斜踏, 踏 轉, 海岸步, 前鎖步, 下沉 回復

1 Step L to side, turn ½ figure 4 R (1) [12:00]
左足左踏, 呈數字4右轉180度(面向12點鐘)

2&3 Step diagonally fw R (2), step diagonally fw L (&), turn ½ R keeping weight back on L (3) [07:30]
右足斜前踏, 左足斜前踏, 右轉180度重心仍在左足(面向7:30)

4&5 Step back R (4), step L next to R (&), step R fw (squaring up to your 6 o' clock wall) (5) [06:00]
右足後踏, 左足併踏, 右足前踏(轉正面向6點鐘)

6&7 Step L fw (6), lock R behind L (6), step L fw (7) [06:00
左足前踏, 右足於左足後鎖踏, 左足前踏(面向6點鐘)

8& Rock fw on R (8), recover back onto L (&) [06:00]
右足前下沉, 左足回復(面向6點鐘)

Note: Think of this step as mambo ½ R to start the dance over again
8&接續第1拍可當做曼波轉去處理

TAG: 2 counts tag AFTER wall 1.starts facing 6 o'clock
第一面牆面向6點鐘時, 加2拍

Step Together R, Rock L Fw 右足併踏, 左足前下沉

1-2 Step R next to L (1), Rock L fw (when you recover it's with a ½ turn R, to start again) (2) [06:00]
右足併踏, 左足前下沉(面向6點鐘), 右足回復時接續第1拍右轉180度,從頭起跳

RESTART: AFTER 28 counts On wall 3 (starts facing 12 o'clock)
第三面牆(面向12點鐘)跳至第四段時, 改跳下列4拍後從頭起跳

第四段 Side L, ¾ Sweep R, ¾ R Triple, ¼ Prep R, ½ L Sweep, Jazz Box ¼ R, Rock Back, Cross ¼ R
左踏右繞3/4, 踏 1/2 1/4, 1/4, 左1/2, 爵士方塊右1/4, 後下沉 回復 1/4

1 Step L to L side (squaring up to your 9 o'clock wall) sweeping R around ¾ R (1) [06:00]
左足左踏(轉正面向9點鐘)右足右繞270度(面向6點鐘)

2&3 Step fw R (2), turn ½ R stepping L back (&), ¼ R stepping R to side (3) [03:00] 右足前踏, 右轉180度左足後踏, 右轉90度右足右踏(面向3點鐘)

4& Turn ¼ R as a prep keeping weight on R (4), recover back L (&) [06:00]
右轉90度重心在右足, **左足回復(面向6點鐘)**

RESTART: Turn ½ R stepping fw on R, sweeping L around from back to front (1) 12:00 接續第1拍右足前踏右轉180度左足由後繞向前面向12點鐘

ENDING: to face your 12 o'clock wall: You finish the dance doing your mambo ½ turn R, with a sweep (then facing 6 o'clock) - continue the sweep around another ½ turn to face 12 o'clock.
結束：面向12點鐘, 加做曼波右轉帶繞(面向6點鐘), 繼續繞轉180度面向12點鐘做結束