

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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