

THE LAST DANCE [Siste Dance]

Music: Heidi Hauge

<https://itunes.apple.com/ca/album/country-blue/1436585447>

Track # 12 Time : 4:10

Shortened: Cut from 9,4 to 45,3 to Time 3:35 & Slow Down w/ -5 %

Rhythm: Foxtrot Phase: IV+2 (DBL Reverse Spin + Natural Weave)

Footwork: Opposite except where (Noted)

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Sequence : INTRO ABC ABC(1-7) ENDING



INTRO

01-04 CP DLW LEAD FOOT FREE WAIT 2 MEASURES ; ; FORWARD HOVER ; FEATHER FINISH ;

{Wait} CP DLW ld ft free wt 2 meas ; ; {Fwd Hover} Fwd L to CP, -, fwd R risg to ball of ft (*W bk L & brush R to L*) rec L to CP DLW ; {Feather Finish} Bk R, -, bk & sd L trng ¼ LF, fwd R to BJO DLC ;

PART A

01-04 OP REVERSE TURN ; HOVER CORTE ; BACK WHISK ; OP NATURAL UNDER TURNED;

{OP Reverse Turn} Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (*W bk R stg LF trn, -, sd L cont trn, fwd R outsd ptr*) to BJO RLOD ; {Hover Corte} Bk R stg ½ LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; {Bk Whisk} Bk L, -, bk & sd R, XLib (*W XRib*) to SCP DLC ; {OP Natural Under Turned } Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/ r-sd lead (*W thru L, -, fwd R, fwd L*) to BJO DRW ;

05-09 QUICK DBL OUTSIDE SWIVEL ; WEAWE ENDING ; CHANGE of DIRECTION ; DRAG HESITATION ; BACK TWISTY VINE 4 ;

{Quick DBL Outsd Swivel} [SS] Bk L, XRif w/ no weight (*W In BJO fwd R, swvl RF on ball of R-foot*) ending in SCP DRW, fwd R, lvng L w/ no weight (*W in SCP fwd L, swvl LF on ball of L-foot*) ending to BJO DRW ; {Weave Ending} [QQQQ] Bk to DLC L, R trng LF & blendg to CP, sd & fwd L, fwd R to BJO DLW ; {Chng of Direction} [SS] Fwd L, -, fwd & sd R trng ¼ LF, draw L to CP DLC ; {Drag Hesitation} [SS] Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC ; {Bk Twisty Vine 4} [QQQQ] Bk L in BJO, sd R trng to fcg ptr, fwd L in SCAR, sd & bk R trng to BJO ;

10-13 CLOSED IMPETUS ; FEATHER FINISH ; TELEMAR to SCP ; THRU VINE 4 ;

{Closed Impetus} Commg RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (*W commg RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M's ft*) to CP DLW ; {Feather Finish} Repeat meas 4 INTRO ; {Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R comm LF trn bringing lft-ft beside r-ft w/ no wgt, -, cont trng LF on R-heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW ; {Thru Vine 4} [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ;

14-18 3 IN & OUT RUNS ; ; ; HESITATION CHANGE ; DBL REVERSE SPIN to DLW ;

{3 In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L ifo M, cont trn fwd & sd R*) to SCP DLC ; Repeat meas 14 Part A ; {Hesitation Chng} [SS-] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ; {Dbl Reverse Spin} [SS/QQQQ] Fwd L com to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (*W bk R stg to trn LF, -, cl L to R [heel trn]/sd & sltly bk R cont LF trn, XLif*) to CP DLW ;

PART B

01-04 HOVER TELE ; PROMENADE WEAVE INTO A FISHTAIL ; ; ;

{Hover Tele} Fwd L, -, fwd & sd R w/ r-shoulder lead, sd & fwd L to SCP DLC ; {Promenade Weave Into a Fishtail} [SQQ;QQQQ;QQQQ] Fwd R, -, fwd L com LF trn, sd & bk R LOD (*W fwd L prepg for LF trn, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L to BJO*) ; Bk L, bk R DLC trng LF to CP, sd & fwd L DLW, fwd R DLW (*W fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ; XLib, sd R, fwd L, Lk Rib ;

05-08 2 LEFT TURNS ; ; HOVER ; THRU CHASSE to ½ OP ;

{2 Left Turns} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; Bk R com LF trn, -, sd L cont trn, cl R to CP WALL ; **{Hover}** Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP LOD ; **{Thru Chasse to ½ OP}** [SQ&Q] Thru R, sd & fwd L/cl R, sd & fwd L to ½ OP LOD ;

09-12 OP IN & OUT RUNS ; ; NATURAL WEAVE ; ;

{OP In & Out Runs} Fwd R comm RF trn, -, sd & fwd L ifo W contg trn, sd & fwd R (*W Fwd L, -, R, L*) to ½ LOP LOD w/tl-arms out to sd ; Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L ifo M contg trn, fwd & sd R*) to ½ OP DLC w/ Id-arms out to sd ; **{Natural Weave}** [SQO;QQOQ] Fwd R trng RF, -, sd L, bk R to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn sd L, fwd R to BJO DLW ;

13-17 THREE STEP ; OP NATURAL ; BACK & CHASSE to SCAR DLW ; FORWARD Checkg/W DEVELOPE ; FEATHER FINISH ;

{Three Step} Fwd L, -, sd & fwd R btwn W's ft, fwd L ; **{OP Natural}** Fwd R outsd W's feet trng RF, -, sd L twd Wall, bk R with r-shoulder lead BJO (*W bk L, -, cls R heel turn, fwd L outsd M to BJO*) ; **{Bk & Chasse to SCAR}** [SQ&Q] Trn RF bk L, sd R/cl L trn RF, fwd R to SCAR DLW ; **{Fwd Checkg/W Developpe}** [S] Fwd L outsd W's lft-sd checkg, -, -, - (*W bk R, -, bring lft-ft up r-leg to insd of r-knee, extend lft-ft fwd, -*) ; **{Feather Finish}** Repeat meas 4 Intro ;

PART C

01-04 REVERSE WAVE ; ; OVER SPIN TURN ; BOX FINISH to DLW ;

{Reverse Wave} Fwd L comm LF trn, -, sd R twd LOD trng LF (*W heel trn*), bk L to BJO DRC ; Bk R, -, bk L, bk R in CP fcg RLOD ; **{Over Spin Turn}** Trng upper bdy RF bk L pvtg ½ RF & leavg R in frt, -, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L compg ¾ RF trn (*W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, -, bk L contg trn & brush R to L, contg RF trn sd & fwd R*) to CP DRW ; **{Box Finish}** Bk R, -, sd & bk L trng ¼ LF, cl R to CP DLW ;

05-09 WHISK ; THRU VINE 4 ; HOVER FALLAWAY ; SLIP PIVOT ; CROSS PIVOT to SCAR ;

{Whisk} Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; **{Thru Vine 4}** Repeat meas 13 Part A ; **{Hover Fallaway}** Fwd R, -, fwd L risg & ckg, rec R to SCP DLW ; **{Slip Pivot}** Bk L, -, bk R trng LF, fwd L (*W bk R, -, trng ½ LF slip L fwd, sd & bk R*) to BJO DLW ; **{Cross Pivot to SCAR}** Fwd R ifo W strt RF trn, -, sd L cont RF trn, fwd R (*W sm bk L strt RF trn, -, fwd R btw M's ft heel to toe pvtg ½ RF, sd & bk L*) to SCAR DLW ;

10-13 3 CROSS HOVERS BJO SCAR & SCP ; ; CHAIR & SLIP ;

{Cross Hover to BJO} XLif (*W XRib*), -, sd R rise trn LF, rec L to BJO DLC ; **{Cross Hover to SCAR}** XRif, -, sd L w/ rise comm RF trn, rec R to SCAR ; **{Cross Hover to SCP}** XLif (*W XRib*), -, sd R rise trn LF, rec L to BJO DLC ; **{Chair & Slip}** Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swvlg LF on R fwd L*) to CP DLC ;

14-18 DIAMOND TURN 1/2 ; ; QUIK DIAMOND 4 ; DIP BACK & RECOVER ; FORWARD & SLOW LOCK ;

{Diamond Turn 1/2} Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to RDW ; **{Quick Diamond 4}** [QQOQ] Fwd L stg to trn LF, sd R contg LF trn, bk L compg ¼ LF trn to BJO DLW, bk R to CP LOD ; **{Dip Bk & Rec}** [SS] Bk L w/ flexed knee, -, rec R swivel to SCAR DLW, - ; **{Fwd & Slow Lock}** [SS] Fwd L w/ left sway, -, XRib (*W XLif*) to CP LOD, - ;

ENDING

01-03 BACK HOVER to SCP ; THRU VINE 4 ; SLOW THRU & RISE to CHAIR ;

{Bk Hover to SCP} Bk L, -, bk R risg sltly, rec L (*W bk R, -, bk & sd L trng LF risg & brushg R to L, sd & fwd R*) to SCP DLC ; **{Thru Vine 4}** Repeat meas 13 Part A ; **{Slow Thru & Rise to Chair}** [S&S] Fwd R/small fwd L w/ rise, strong fwd R lunge action bending knee, - ;