**At Long Last Love**

**Dance By:** Bev Oren, 2265 Lakeside Pl, Corona, CA 92879, (951) 371-8814, BevQsRnds@aol.com  
**CD Music:** Capitol Records “A Swingin’ Affair!” by Frank Sinatra, Track 10 “At Long Last Love” or contact Choreographer for mp3 file

**Rhythm/Phase:** Foxtrot. ROUNDALAB Phase III+2 (Diamond Turn, Weave)  
**Position:** INTRO – CP WALL, DANCE – CP DLC  
**Footwork:** Opposite, directions for M (except where noted)  
**Sequence:** INTRO, A, B, A, B, END  
**Released:** December 2005  
**Time:** 2:23 @ 100% CD Speed

### INTRO

**[CP WALL]**  
**WAIT; WAIT; TWIST VINE 3; FWD, FC, CLOS [CP WALL];**  
1-2  CP WALL wait two measures;;  
3-4  CP WALL sd L commencing slight RF upper body turn,-, XRIB (W XLIF), sd and fwd L commencing slight LF upper body turn; Fwd R (W bk L),-, sd L to CP WALL, cl R;  

**[CP WALL]**  
**HOVER; MANUV; SPIN TURN [CP DLW]; BOX FINISH [CP DLC];**  
5  CP WALL fwd L,-, fwd and sd R rising to ball of foot, rec L to SCP LOD;  
6  SCP LOD fwd R comm RF trn,-, sd L cont RF trn to CP RLOD, cl R;  
7  CP RLOD bk L pivoting 1/2 RF,-, fwd R cont trn rising on ball of R foot with L leg extended bk and sd, rec sd and bk L (W fwd R pivoting 1/2 RF,-, bk L cont trn brushing R to L, fwd R) to CP DLW;  
8  CP DLW bk R trng 1/4 LF to fc LOD,-, sd L, cl R to CP DLC;  

### PART A

**[CP DLC]**  
**DIAMOND TURN;;;**  
1-4  CP DLC fwd L trng LF on diag,-, cont LF trn sd R, bk L; Cont LF trn R,-, sd L, fwd R; Fwd L trng LF on diag,-, sd R, bk L; Bk R cont LF trn,-, sd L, fwd R to CP DLC;  

**[CP DLC]**  
**2 LEFT TURNS;; HOVER; THRU, CHASSE to BJO [BJO DLW];**  
5-6  CP DLC fwd L trng 1/4 LF to CP COH,-, sd R, cl L; Bk R trng 1/4 LF to CP RLOD,-, sd L cont 1/4 LF turn, cl R to CP WALL;  
7  CP WALL fwd L,-, fwd and sd R rising to ball of ft, rec L to SCP LOD;  
8  SCP LOD thru R trng to CP WALL,-, sd L/cl R, sd L to BJO DLW;  

**[BJO DLW]**  
**FWD, FWD/LK, FWD; FWD, CHASSE to SCP; WEAVE 3 to BJO [BJO DRC]; BACK, BACK/LK, BACK;**  
9  BJO DLW fwd R,-, fwd L/lk RIB (W lk LIF), fwd L;  
10 BJO DLW fwd R trng to CP WALL,-, sd L/cl R, sd L to SCP DLC;  
11 SCP DLC fwd R,-, fwd L trng LF to CP, sd and bk R (W fwd L,-, sd and bk R to CP, cont trng on R until feg LOD then fwd L) to BJO DRC;  
12 BJO DRC bk L,-, bk R/lk LIF (W lk RIB), bk R;  

**[BJO DRC]**  
**IMPETUS to SCP; MAN ROLL ACROSS HALF OP; LADY ROLL ACROSS HALF OP; PICK UP, RUN 2 [CP DLC];**  
13 BJO DRC bk R bringing R to L (no weight) beginning RF heel trn,-, chg weight to R cont turn, fwd L (W fwd R pivot 1/2 RF,-, sd and fwd L around M cont pivoting action bringing R foot bk to brush L, fwd R) to SCP DLC;  
14 SCP DLC fwd R trng to BJO DLW,-, fowd and sd L across W trng RF (W fwd R), fwd R to HALF OP LOD;  
15 HALF OP LOD fwd L (W fowd R to BJO DLW), fowd R (W fowd and sd L across M trng RF), fowd L to HALF OP LOD;  
16 HALF OP LOD fwd R (W fowd L trng 1/2 LF) leading W in front to CP DLC,-, fowd L, fowd R;  

### PART B

**[CP DLC]**  
**DIAMOND TURN;;;**  
1-4  CP DLC fwd L trng LF on diag,-, cont LF trn sd R, bk L; Cont LF trn R,-, sd L, fwd R; Fwd L trng LF on diag,-, sd R, bk L; Bk R cont LF trn,-, sd L, fwd R to CP DLC;  

**[CP DLC]**  
**TRN L & CHASSE to BJO; IMPETUS to SCP; FWD HOVER to BJO; BK HOVER to SCP;**  
5  CP DLC fwd L trng LF to CP COH,-, sd R/cl L, sd R trng to BJO DRC;  
6 BJO DRC bk R bringing R to L (no weight) beginning RF heel trn,-, chg weight to R cont turn, fwd L (W fwd R pivot 1/2 RF,-, sd and fwd L around M cont pivoting action bringing R foot bk to brush L, fwd R) to SCP DLC;  
7 SCP DLC fwd R,-, sd and fwd L (W sd and bk R) with slight rise, rec R to BJO DLC;  
8 BJO DLC bk L,-, sd and bk R (W sd and fwd L) with slight rise, rec L to SCP DLC;
PART B, cont.

[SCP DLC] WEAVE to SCP;; WING; CROSS HOVER to SCP [SCP DLC];
9-10 SCP DLC fwd R,-, fwd L trng LF to CP, sd and bk R (W fwd L,-, sd and bk R to CP, cont trng on R until feg LOD then fwd L) to DRW; Bk L trng W to CBJO POS,-, bk R trng body to CP, sd and fwd L trng W to SCP DLW;
11 SCP DLW fwd R,-, draw L to R, tch L (W trng LF in front and armd M fwd L,-, fwd R, fwd L) to tight SCAR DLW;
12 SCAR DLW XLIF (W XRIB),-, sd R with slight rise comm LF trn, rec sd and fwd L to SCP DLC;

[SCP DLC] THRU, CHASSE to SCP; MANUV; SPIN TURN; BOX FINISH [CP DLC];
13 SCP DLW thru R trng to CP WALL,,-, sd L/cl R, sd L to SCP LOD;
14 SCP LOD fwd R comm RF trn,,-, sd L cont RF trn to CP RLOD, cl R;
15 CP RLOD bk L pivoting 1/2 RF,,-, fwd R cont trn rising on ball of R foot with L leg extended bk and sd, rec sd and bk L (W fwd R pivoting 1/2 RF,,-, bk L cont trn brushing R to L, fwd R) to CP DLW;
16 CP DLW bk R trng 1/4 LF to fc LOD, sd L, cl R to CP DLC;

END

[CP DLC] 2 LEFT TURNS [CP WALL];; QK TWISTY VINE 4; SIDE LUNGE, TILT;
1-2 CP DLC fwd L trng 1/4 LF to CP COH,,-, sd R, cl L; Bk R trng 1/4 LF to CP RLOD,-, sd L cont 1/4 LF turn, cl R to CP WALL;
3-4 CP WALL sd and bk L commencing slight RF upper body turn, XRB (W XLR), sd and fwd L commencing slight LF upper body turn, XRIF (W XLI); Sd L flexing supporting knee leaving R leg extended with toe pointing to floor,,-, tilt by raising joined lead hands and lowering joined trailing hands looking twds RLOD,,-;

At Long Last Love - Head Cues (12/2005 By: Bev Oren)

INTRO, A, B, A, B, END

INTRO

[CP WALL] WAIT; WAIT; TWIST VINE 3; FWD, FC, CLOSE; HOVER; MANUV; SPIN TURN; BOX FINISH [CP DLC];

PART A

[CP DLC] DIAMOND TURN;;;; 2 LEFT TURNS [CP WALL];; HOVER; THRU, CHASSE to BJO; FWD, FWD/LK, FWD;
[BJO DLW] FWD, CHASSE to SCP; WEAVE 3 to BJO [BJO DRC]; BK, BK/LK, BK; IMPETUS to SCP;
[SCP DLC] MAN ROLL ACROSS to HALF OP; LADY ROLL ACROSS to HALF OP; PICK UP, RUN 2;

PART B

[CP DLC] DIAMOND TURN;;;; TURN LEFT & CHASSE to BJO [BJO DRC]; IMPETUS to SCP; FWD HOVER to BJO;
[BJO DLC] BACK HOVER to SCP; WEAVE to SCP;; WING; CROSS HOVER to SCP; THRU, CHASSE to SCP;
[SCP LOD] MANUV; SPIN TURN; BOX FINISH [CP DLC];

END

[CP DLC] 2 LEFT TURNS [CP WALL];; QUICK TWISTY VINE 4; SIDE LUNGE & TILT;