

The Last Word

48 Count, 2 Wall, Intermediate (Waltz)

Choreographer: Fiona Murray (IE) & Roy Hadisubroto (NL)

Nov 2017

Choreographed to: The Last Word by Frances.

Album: Frances

- Intro:** After 3 counts
Note: Start with feet apart and weight on left foot, Begin dance on count 4 of section 1 (Dedicated to Guyton Mundy)
- [4 – 6]** **Rock, Recover, Drag (Arms)**
4 - 5 - 6 Rock R to R side (4), Recover on L (5), Drag R next to L and turn 1/8 L (6) 10:30
Arms On counts 4 – 6
4 - 5 - 6 Bring both arms across body at hip height and open them to the side (4)
Swing R hand from R side up above head (5) Bring R index finger in front of Lips (6)
- [7 – 12]** **Twinkle, Spiral**
1 - 2 - 3 Step R forward (1), Step L forward (2), ¼ Turn R Step R forward (3), 1:30
4 - 5 - 6 Cross L over R (4), Unwind ¾ Turn R keeping weight on L ended with R crossed in front of L (5 – 6) 12:00
- [13 – 18]** **Rock, Recover, Drag (Arms), ½ Basic**
1 - 2 - 3 Rock R to R side (1), Recover on L (2), Drag R next to L keeping weight on L and turn 1/8 L (3) 10:30
4 - 5 - 6 Step R Back (4), ¼ Turn L Step L to L side (5), ¼ Turn L Step R forward (6) 4:30
Arms On counts 1 - 4
1-2-3-4 Bring R arm to R side at hip height (1) Swing R arm from R side up above head (2)
L hand holding R wrist while reaching forward (3) Swing both hands down towards L hip (4)
- [19 – 24]** **Step, ½ Turn L Pirouette, Travelling Pivot Turn.**
1 - 2 - 3 Step L forward (1), ½ Turn L on L Hitching R knee (2 - 3) 10:30
4 - 5 - 6 Step R forward (4), ½ Turn R Step L backwards (5), ½ Turn R Step R forward 10:30
- [25 – 30]** **Side, Drag, Touch, Behind, Out x2, Rock (Arms)**
1 - 2 - 3 1/8 Turn R and Step L to L side (1), Drag R Behind L (2) Touch R behind L (3) 12:00
4 - 5 - 6 Step out on ball of R (4), Step out on ball of L (5), Rock R backwards with body facing 3:00 (6) 12:00
Arms On Counts 4 - 6
4 - 5 - 6 Stretch R arm diagonally forward while rolling clockwise and closing hand (4)
Stretch L arm diagonally forward while rolling counter clockwise and closing hand (5)
Bring both arms to R side of chest (6)
- [31 – 36]** **Step, Sweep, Cross, Back Lock, Back**
1 - 2 - 3 Step L forward, ½ Turn L Start Sweeping R from back to front (1)
Continue sweeping R forward (2), Finish R sweep in front of L without putting weight on it (3), 10:30
4 - 5 & 6 Cross R over L (4), Step L backwards (5), Cross R over L (&), Step L backwards (6) 10:30
- [37 – 42]** **Side, Leg Lift, Hitch, Cross, 1 ¾ Turn R Spiral**
1 - 2 - 3 ¾ Turn R Step R to R side (1), Lift L leg to L side (2), Hitch L knee (3) 12:00
4 - 5 - 6 Cross L over R (4), 1 ¾ Turn R Spiral (5 – 6) 4:30
Arms On Counts 1-3
1 - 2 - 3 Swing R arm from down to above head (1) R hand make a fist and slowly bring it down next to body (2-3)
- [43 - 48]** **Step (Arms), Hold, Run x3**
1 - 2 - 3 - 4 Step R forward and put R hand on mouth (1) Hold and Stretch R arm from the mouth out to R side (2-4) 4:30
5 & 6 Step L backwards (5), Step R backwards (&) Step L backwards and point R forward (6) 4:30
- [1 - 3]** **Slow Leg Lift**
1 - 2 - 3 Slowly bring R up while leg is extended and bring both arms forward (1-3) 4:30
- Tag:** Starts at the end of wall 5. On the instrumental piece
4 - 5 - 6 Step R to R side and Sway to R (1) Sway L to L Side (2) Rock R in front of L (3) 4:30
1 - 2 - 3 Slowly bring R up while leg is extended and bring both arms forward (1-3) 4:30
Start Again And Have Fun

Dare To Be Unique

Last Update - 19th Jan 2018