

AT LAST

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MUSIC: "At Last" Etta James (Album At Last!)
PHASE / RYHTUM: Phase VI / Slow Two Step SPEED: Adjust for Comfort
FOOTWORK: Opposite Except Where Noted
SEQUENCE: Intro, A, A, B, C, TAG
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INTRO

- 1-8 CP LOD TWO MEAS WAIT:: BK CORTE WITH LEG CRAWL:: RUDOLPH RONDE & SLIP:
REV PIVOT TO THROWAWAY: CHG TO SAME FOOT LUNGE LINE:
REC MEN CL & HOLD FOR CARESS:
- 1-2 In CP LOD with lead feet free wait two meas;;
- SSSS 3-4 {Bk Corte with Leg Crawl} M bk L to corte with slow LF rotation (W fwd R slowly raising up on R drawing L leg up M's R leg); M slow rotation RF with no weight chg (W slowly lower L leg);
- SQQ 5 {Rudolph Ronde & Slip} Fwd R relax R knee rotating body RF leading ladies to ronde,-, rec bk L, slip bk R to CP (W Bk L trn RF Ronde R clockwise, -, bk R, trn LF and step fwd L);
- QQS 6 {Rev Pivot to Throwaway} M fwd L pivoting LF, bk R to face RLOD, bk and sd L comm LF trn slowly relax L knee allow R to point sd and bk look at partner keep R sd toward partner fc DW (W bk R pivoting LF, fwd L to LOD, fwd R trn LF slowly relax R knee allow L to pass R under body to point bk look well to left keep left side toward partner,-);
- SS 7 {Chg to Same Foot Lunge Line} Rise on L body trn RF,-, clo R flex R knee extend L twd DC no weight,- (W rise and swivl RF on R drw L twd R,-, lower on R extend L fwd twd DC with thighs crossed look R,-);
- SS 8 {Rec Men Cl & Hold for Caress} M rec weight to L,-, cl R,- (W rec fwd to L,-, tch L to R and caress men's face with rt hand,-);

PART A

- 1-8 FULL BASIC:: TRAVELING RT TURN: TO OUTSIDE ROLL FACE LOD:
TRAVELING CROSS CHASSE: PASSING CROSS CHASSE:
TWO BK TRAVELING CROSS CHASSES::
- SQSQSQ 1-2 {Full Basic} Sd L,-, XRIB of L, rec L; Sd R,-, cross L in bk of R, rec R comm. RF trn;
- SQSQSQ 3-4 {Traveling Rt Turn to Outside Roll Face LOD} Cont RF trn crossing in front of ladies sd & bk L to face RLOD,-, XRIB of L cont RF trn, rec L to bjo LOD (W fwd R between M's feet,-, fwd L around M, fwd R with checking action to BJO); Fwd R trn RF,-, raise joined lead hands to trn W RF sd L, XRIF with LF trn to face LOD (W bk L,-, comm. RF trn under joined lead hands sd and bk R, sd L cont trn to face RLOD);
- SQQ 5 {Traveling Cross Chasse} Sd & fwd L comm. LF trn to face LOD & DC and take both hands down to hip level,-, fwd and sd R to DW, XLIF of R (W bk and sd R comm LF trn and lower joined hands to hip level,-, sd and bk L to DW, XRIF of L);
- SQQ 6 {Passing Cross Chasse} Fwd LOD R with strong RF trn blending to face WALL,-, sd L passing W on inside, XRIF of L cont trn to face RLOD (W sd & bk L trng RF to face COH,-, small sd R, XLIF of R to face LOD);
- SQSQSQ 7-8 {Bk Traveling Cross Chasses} Bk and sd L comm. RF trn,-, bk and sd R DC, XLIF of R (W sd and fwd R comm RF trn to face LOD & DW,-, fwd and sd L DC, XRIF of L); Bk and sd R comm LF trn,-, sd L DW, XRIF of L (W sd and fwd L comm LF trn to face LOD & DC,-, sd and fwd R DW, XLIF of R);

9-16 PULL PASS; TO LADIES RONDE; WRAP & LUNGE; SWEETHEART RUNS:: SWEETHEART SWITCH; LADIES ACROSS; TRANS UNWRAP:

- SS 9 {Pull Pass} Strong bk L LOD,-, sd and bk R trng RF to face almost LOD while leading W past M on inside leaving L ft in place so that it ends behind M,- (W fwd LOD R while delaying body movement,-, run fwd L, fwd R moving past M still face LOD);
- (SQQ)
- SS 10 {Ladies Ronde} Keeping weight on R rotate RF while leading W around M,-, (W fwd L LOD then trn RF to face M and ronde R leg CW,-, moving to outside XRIB of L, fwd L to RLOD);
- (SQQ)

PART A(cont)

- SS 11 {Wrap & Lunge} Lead W to trn LF begain wrap lifing left arm up over W head to end facing wall,-, and lower into R lunge,- (W fwd R trng RF under M's lt W rt joined arms to wrapped pos wall,-, lunge into R soften knee,-);
- SQSQSQ 12-13 {Sweetheart Runs} In wrapped pos with same footwork fwd L,-, R, L; Fwd R,-, L, R with slight RF turn to face DW M starting to cut in front of W;
- SQQ 14 {Sweetheart Switch} Fwd & sd L across W trn RF to face LOD keeping W on inside,-, fwd R, fwd L (W trn RF with small sd and fwd L to face LOD in lt wrapped pos,-, fwd R, fwd L);
- SQQ 15 {Ladies Across} Fwd R small step in front of lt foot extending wrapped arms to allow W across in front of M,-, fwd and sd L, fwd R in front of lt foot to wrapped pos with M on inside (W fwd and sd R beginning to cross in front of M,-, fwd L cont to cross, fwd R to end in wrapped pos on wall sd of M);
- SS(SQQ) 16 {Trans Unwrap} Trng RF to face wall sd L,-, rasing lt arm to allow W to trn RF rec sd R,- (W trng RF to face wall sd L,-, rec R trng RF under M's lt and W rt joined arms to face M, small sd L);

PART B

1-8 FULL BASIC:: TRIPPLE TRAVELER:: OPEN BASIC: TWO SWITCHES::

- SQSQSQ 1-2 {Full Basic} Repeat Part A meas 1&2;;
- SQSQSQ 3-5 {Tripple Traveler}Trng LF sd and fwd L to LOD,-, cont LF trn fwd and sd R raise joined lead hands, XLIF of R (W trng LF sd and bk R,-, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands to fc M); Fwd and sd R to LOD then spiral 7/8 LF under joined lead hands,-, fwd L to LOD, fwd R and start to bring lead hands down and bk (W fwd & sd L shaping RF to M,-, fwd R across L, fwd & sd L); Fwd L staring to bring lead hands bk and up,-, fwd and sd R to face COH trng ladies RF, XLIF of R (W fwd R,-, fwd L start RF trn under lead hands, fwd R cont trn to face ptr and wall);
- SQQ 6 {Open Basic} Sd R and open body to half open pos,-, bk R, rec fwd L to face RLOD (W sd L and open body to half open pos,-, bk L, fwd R);
- SQSQSQ 7-8 {Two Switches} Cross in front of W sd and fwd L trg RF to half open pos,-, fwd R, fwd L (W fwd R as M roll across,-, fwd L, fwd R); Fwd R as W roll across,-, fwd L, fwd R (W cross in front of M sd and fwd L to half open pos,-, fwd R, fwd L);

9-16 LUNGE BASICS WITH CARESSES:: LT TURN WITH INSIDE ROLL: REV UNDERARM TURN TO FACE RLOD & SHAKE HANDS: HALF BASIC TO STACK HANDS; OPEN BREAK TO TANDUM DBL RONDE:: TO ESCORT LUNGE:

- SQSQSQ 9-10 {Lunge Basics with Caresses} Lunge sd L placing hands at ladies waist,-, rec R, XLIF of R (W lunge sd R caressing M's face with rt hand,-, rec L, XRIF of L); Lunge sd R keeping hands at ladies waist,-, rec L, XRIF of L (W lunge sd L caressing M's face with lt hand,-, rec R, XLIF of R);
- SQQ 11 {Lt Turn with inside Roll} Trng LF sd and fwd L to LOD blending to CP,-, cont LF trn fwd and sd R raise joined lead hands, XLIF of R (W trng LF sd and bk R blending to CP,-, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands to fc M);
- SQQ 12 {Rev Underarm Turn to face RLOD & Shake Hands} Sd R,-, cross L in bk of R trng ladies LF under lead hands and trn ¼ RF, rec R to face RLOD and join rt hands (W sd and fwd L,-, XRIF of L trng LF under joined lead hands, sd and bk L to face LOD and ptr and join rt hands);
- SQQ 13 {Half Basic to Stack Hands} Sd L joining lt hands above rt,-, XRIB of L, rec L;
- SQSQSQ 14-15 {Open Break to Tandum Double Ronde} Sd R,-, bk L, rec strong fwd R passing W on rt side taking lt hands up and over W's head (W sd L,-, bk R, rec strong fwd L raise joined lt hands to go under W's lt arm); Fwd L trng RF to face LOD and ronde R behind L lowering both joined hands,-, XRIB of L, raise joined rt hands to allow W to bk under rt arms fwd R (W fwd R and ronde L CW,-, XLIF of R, bk R under joined rt arms);
- SS 16 {Escort Lunge} Fwd R trng to face wall taking W's lt arm to escort pos with M's rt arm,-, cross lunge L in front of R,- (W bk L,-, bk R trng RF to face wall in rt lunge to escort pos,-);

PART C

1-8 TRAVELING SHOULDER SPINS:: LUNGE SIDE & REC: TO WHEEL HALF & SPIN LADIES: MEN BK LUNGE / LADIES LOWER & RISE:: HALF BASIC:

- SQQSQQ 1-3 {Traveling Shoulder Spins} Rec bk R,-, sd L leading W to spin LF from escort hold, XRIF of L catching W by the shoulders (W rec sd and fwd L,-, fwd R LOD spin LF, fwd L to LOD stopping spin); M sd L,-, XRIF of L leading W to spin RF, fwd R to LOD catching W by the shoulders (W fwd R,-, fwd L spin RF, fwd R to LOD stopping spin); M XRIF of L,-, sd L leading W to spin LF, XRIF of L catching W by the shoulders (W fwd L,-, fwd R LOD spin LF, fwd L to LOD stopping spin);
- SS 4 {Lunge Side and Rec} Lunge sd L going to lose CP,-, rec R blending to lose BJO,- (W trng to face ptr lunge sd R,-, rec L,-);
- SS (SS&) 5 {Wheel Half & Spin Ladies} Fwd L around W trng ½ RF to face COH,-, fwd R to finish trn and lead W to spin one full trn and join rt hands,- (W fwd R outside ptr trng RF,-, fwd L to face ptr and WALL and spin RF full trn then join rt hands,-);
- SSSS 6-7 {Men Bk Lunge and Rec / W Lower and Rise} Bk L to sd lunge,-, hold,- (W lower with feet tog swiveling lt face,-, cont lowering swivel rt face,-); M hold,-, rec fwd R to CP,- (W rise keeping feet tog swivel lt face,-, cont rise to free rt foot swiveling rt face and end in CP,-);
- SQQ 8 {Half Basic} Repeat Part A meas 1;

9-14 REV UNDERARM TURN TO FACE LOD & SHAKE HANDS: HALF BASIC TO STACK HANDS: OPEN BREAK TO TANDUM DBL RONDE:: TO ESCORT LUNGE & HOLD::

- SQQ 9 {Rev Underarm Turn to face LOD & Shake Hands} Repeat Part B meas 12 to face LOD;
- SQQ 10 {Half Basic to Stack Hands} Repeat Part B meas 13;
- SQQSQQ 11-12 {Open Break to Tandum Double Ronde} Repeat Part B meas 14-15 to end facing RLOD;;
- SS 13-14 {Escort Lunge and Hold} Repeat Part B meas 16; Hold in Escort lunge pos as music pauses;

TAG

1-9 TRAVELING SHOULDER SPINS:: LUNGE SIDE & REC: TO WHEEL HALF & SPIN LADIES: MEN LUNGE / LADIES LOWER & RISE:: BOTH ROLL LOD TO SAME FOOT LUNGE LINE: TELESPIN ENDING TO THROWAWAY:

- SQQSQQ 1-3 {Traveling Shoulder Spins} Repeat Part C meas 1-3;;
- SQQ
- SS 4 {Lunge Side and Rec} Repeat Part C meas 4;
- SS 5 {Wheel Half & Spin Ladies} Repeat Part C meas 5;
- SSSS 6-7 {Men Bk Lunge and Rec / W Lower and Rise} Repeat Part C meas 6-7;;
- QQQQ 8 {Both Roll LOD to Same Foot Lunge Line} Fwd L to LOD comm. LF trn, fwd and sd R cont trn, sd L finish roll blending to CP WALL, cl R and point L sd & bk (W fwd R LOD comm RF roll, fwd & sd L cont roll, sd R finish roll blending to CP, point L thru to same foot lunge line);
- &QQS 9 {Telespin Ending to Throwaway} M rotate body LF to pickup W / fwd L comm. LF trn, fwd and sd R trng to face RLOD, bk and sd L comm LF trn slowly relax L knee allow R to point sd and bk look at partner keep R sd toward partner fc DW (W fwd L trng LF to CP / bk R comm. LF trn, bring heel tog for heel trn, fwd R trn LF slowly relax R knee allow L to pass R under body to point bk look well to left keep left side toward partner,-);