

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 fcg 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 L 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 twd DLW,-, fwd and sd L across W trng RF (W fwd R), fwd R to HALF OP LOD;
15 HALF OP LOD fwd L (W fwd R twd DLW)-, fwd R (W fwd and sd L across M trng RF), fwd L to HALF OP LOD;
16 HALF OP LOD fwd R (W fwd L trng 1/2 LF) leading W in front to CP DLC,-, fwd L, fwd 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 L 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;

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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 arnd 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, XRIB (W XLIF), sd and fwd L commencing slight LF upper body turn, XRIF (W XLIB); 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;