

MY LAST TIME

SONG: ALL I ASK
 ARTIST: ADELE
 ALBUM: 25
 CHOREOGRAPHER: MICHAEL VERA-LOBOS FEB 2016
 ORIGINAL POSITION: FEET TOGETHER WEIGHT LEFT
 48 COUNT 4 WALL DANCE

 BEATS: STEPS: 48 COUNT FOUR WALL UPPER INTERMEDIATE DANCE Version 0:01

1 – 8&9 **CROSS SWEEP,CROSS & DIAGONAL BACK, DIAGONAL BACK, CROSS & DIAGONAL BACK, ¼ R, 3/8 R FWD & ½ PIVOT R, CROSS LUNGE, ROCK BACK & ¼ L, FULL SPIN FWD OVER L**
 1,2&3 Cross R over L Sweeping L to L corner, Cross L over R & Step back Diagonal R, Step back Diagonal L (12:00)
 4&5 Cross R over L & Step back Diagonal on L, Turning ¼ R End R to R side (3:00)
 6&7 Step L fwd into R corner 3/8 R (5:00) & Pivot ½ R (11:00), Lunge fwd L (11:00)
 8&1 Rock back on R & Turning ¼ L on L (6:00) Turn a full spin fwd over L Stepping onto R

10 – 16& **L MAMBO ¼ SWEEP R, SAILOR ¼ R, SYNCOPATED FWD CRADLE, ½ R & ¼ R**
 2&3 Rock fwd on L & Replace wt on R, Stepping back on L turn ¼ R Sweeping R to R side (9:00)
 4&5 Sailor ¼ R ending with R foot fwd (12:00)
 6&7& Rock fwd L & Replace wt on R, Rock back on L & Replace wt fwd on R
 8& Turning fwd Turn ½ R Stepping back on L & Turn a further ¼ R on R (9:00)

17 – 24& **STEP SIDE, ROCK BEHIND & REPLACE, STEP SIDE, SAILOR ¼ L, BACK DRAG, ½ L DRAG FWD, ROCK BACK & ½ L**
 1,2&3 Step L to L, Rock R behind L & Replace Wt on L, Step R to R side dragging L towards R (9:00)
 4&5 Sailor ¼ L Ending with L foot Fwd (6:00)
 6,7 Step back R dragging L towards R, Turning ½ L Step fwd L dragging R towards L (12:00)
 8& Step back on R & Turn ½ L on L (6:00)

25 – 32&33 **STEP FWD DRAG, STEP FWD & ½ PIVOT R, FULL TRIPLE SPIN FWD L & STEP OUT SIDE DRAG, CROSS BEHIND & SIDE ROCK L, REPLACE & CROSS BEHIND, ¼ R, ½ R & ¼ R SIDE DRAG**
 1,2 & Step fwd R Dragging L towards L, Step fwd L & Pivot ½ R (12:00)
 3&4 Full Triple Spin fwd over L Stepping L,R,L (12:00)
 &5,6&7& Stepping R out to R, Step L to L dragging R towards L, Cross R behind L & Rock L to L side, Replace wt on R & Cross L behind R (12:00)
 8&1 Turn ¼ R on R & Turn a further ½ R Stepping back on L, Turning a further ¼ R Step R to R dragging L towards R (12:00)

34 – 40 **ROCK BEHIND & REPLACE, ¼ R, STEP BACK & ½ L, STEP FWD R, FULL TRIPLE SPIN FWD L, STEP BACK DRAG**
 2&3 Rock L behind R & Replace wt on R, Turning ¼ R Step back on L (3:00)
 4&5 Step back on R & Turn ½ L on L, Step fwd R dragging L towards R (9:00)
 6&7,8 Travel fwd over L – Full Triple Spin fwd over L Stepping L,R,L, Step back on R Dragging L towards R (9:00)

&41 – 48& **¼ L CROSS ROCK, REPLACE & STEP SIDE, CROSS SAMBA, CROSS & ¼ R, ½ R & STEP FWD, STEP FWD & ½ PIVOT L, STEP FWD & ½ PIVOT L**
 &1,2& Turning ¼ L Step L to L Cross rock R over L, Replace wt on L & Step R to R side (6:00)
 3&4 Cross L over R & Rock R to R, Replace Wt on L (6:00)
 5&6& Cross R over L & Turning ¼ R Step back on L, Turn ½ R on R & Step fwd on L (3:00)
 7&8& Step fwd R & Pivot ½ L, Step fwd R & Pivot ½ L (3:00)

48& **Start again facing New Wall**

TAG: OCCURS AT END OF WALL 2 FACING (6:00)

1 – 8& **SIDE DRAG, COASTER BACK L, STEP FWD & ½ L, STEP FWD, FULL TRIPLE SPIN FWD L, HIP SWAY R & L**
 1,2&3 Step R to R dragging L towards R, Step back on L & Step R beside L, Step fwd L dragging R (6:00)
 4&5 Step fwd R & Pivot ½ L, Step fwd R dragging L towards R (12:00)
 6&7 Full Triple Spin fwd over L Stepping L,R,L (12:00)
 8& Stepping R to R Sway Hips R & Replace wt on L (12:00)

9 – 16& **SIDE DRAG, COASTER BACK L, STEP FWD & ½ L, STEP FWD, FULL TRIPLE SPIN FWD L, HIP SWAY R & L**
 1,2&3 Step R to R dragging L towards R, Step back on L & Step R beside L, Step fwd L dragging R (12:00)
 4&5 Step fwd R & Pivot ½ L, Step fwd R dragging L towards R (6:00)
 6&7 Full Triple Spin fwd over L Stepping L,R,L (6:00)
 8& Stepping R to R Sway Hips R & Replace wt on L (6:00)

RESTART: OCCURS ON WALL 5

Dance up to Count 36 & Restart facing (9:00) Wall

FINISH: To End dance - Dance to Count 5. Turning ¼ R Step fwd onto L (6:00), Pivot ½ R, Step fwd L dragging R

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