

The "At Last" Blues (aka Hayloft Blues)

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Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: Forty Arroyo (11/11/11)

Music: At Last by Beyoncé (also works to the original by Etta James)

**Dance Starts on the word "LAST" 32,32,32,24, bridge, (25-32), (1-8), Ending
SIDE, ROCK, RECOVER, SIDE, WEAVE - REPEAT (end at 12 o'clock)**

1,2&aStep R to side(1), Rock back on L (on ball of L)(2), Recover on R(&), Step L to side(a)

3&a4Step R behind L (on ball of R) (3), Step L to side (&), Cross R over L(a), Step L to side (4)

5,6&aREPEAT COUNTS 1,2&a

7&a8REPEAT COUNTS 3&a4

STEP, ½ L , FULL TURN L*, PRESS, RECOVER, COASTER, 1/8 pivot L (2x), CROSS, STEP,STEP, CROSS, STEP, STEP (end at 3 o'clock)

1,2&a3Step forward on R(1), Pivot ½ left (2), Turning ½ left - step slightly back on ball of R(&) Pivot ½ left on ball of R - step forward on L (a), Press ball of R forward (3)

4&aRecover on L (4), Step back on R (&), Step L next to R (a),

5&aStep forward on R (5), Rolling hips CCW - pivot 1/8 L(&), Shift weight to L(a)

6&aStep R in place (6), Rolling hips CCW - pivot 1/8 L(&), Shift weight to L(a)

7&aCross R over L(7), Recover on L(&),Step R to side (a)

8&aCross L over R (8), Recover on R (&), Step L to side(a)

***FULL TURN OPTION FOR STEPS 1,2&a3**

(1,2&a3)Step forward on R(1), Pivot ½ L (2), Step R forward(&), Step L next to R(a), Press ball of R forward(3)

SIDE, ROCK, RECOVER, SIDE, BEHIND, BALL STEP, BALL STEP, CROSS, STEP, STEP - CROSS, STEP, STEP SIDE ¼ R, CROSS (end at 6 o'clock)

1,2&aStep R to side(1), Step L behind on ball of L(2), Recover on R(&), Step L to side(a)

3 Step R behind L-sweeping L behind

4&a5Step ball of L behind R(4), Pushing off on L - small step forward on R(&), Step ball of L behind R(a), Pushing off on L - small step forward on R (5),

6&aCross step L over R(6), Step back on R(&), Step back on L(a),

7&aCross R over L (7), Step back on L(&), Step R to side turning ¼ right (a)

8 Cross L in front of R

Bridge happens here: PAUSE HERE ON 4TH ROTATION- Swaying upper body right and left - CONTINUE THE DANCE (with counts 25-32) ON THE WORD "LAST"

SIDE, BALL STEP - BALL STEP (repeat), SAILORS R & L, WEAVE

1 Step R to side

2&a3Step ball of L behind L(2), Recover on R(&) Step ball of L to side(a), Recover on R(3)

4&a5Step ball of L behind L(4), Recover on R(&), Step ball of L to side(a), Recover on R(5)

6&aStep L behind R- on ball of L(6), Step R to side(&), Step L to side(a)

7&aStep R behind L - on ball of R(7), Step L to side(&), Step R to side (a)

8&aCross L behind R - on ball of L(8), Step R to side - on ball of R(&), Cross L over R(a)

Ending: 1-8 Dance the FIRST 8 counts of the dance - sweeping L around in front of R on count 8 (instead of stepping L to side) ... then do the following -

1 - Cross L over R - Pause/ wait for the music - then unwind slowly - a full turn to R - THE END

Repeat - Have Fun!!

REVISED 11/23/11