

LAST THING ON MY MIND

LINEDANCE.COM

Count: 44

Wall: 2

Level: beginner/intermediate

Choreographer: "Rodeo" Ruth Lambden

Music: Last Thing On My Mind by The Steps

SIDE SHUFFLE RIGHT WITH ½ TURN & SIDE SHUFFLE LEFT TWICE

- 1&2** Side shuffle right with ½ turn right stepping - right-left-right
- 3&4** Side shuffle left stepping - left-right-left
- 5&6** Side shuffle right with ½ turn right stepping - right-left-right
- 7&8** Side shuffle left stepping - left-right-left

HEEL DIGS & HEEL SWITCHES

- 9-10** Touch right heel forward, step right beside left
- 1-12** Touch left heel forward, step left beside right
- 13&** Touch right heel forward, step right beside left
- 14&** Touch left heel forward, step left beside right
- 15&** Touch right heel forward, step right beside left
- 16** Touch left heel forward

SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

- 17&18** Step forward left, close right beside left, step forward left
- 19-20** Rock forward on right, rock back onto left
- 21&22** Step back right, close left beside right, step back right
- 23-24** Rock back left, rock forward right

SIDE, CLOSE, SIDE, TOUCH WITH ARM SWING & CLICK, RIGHT LUNGE

- 25** Step left to left side, (push elbows back)
- 26** Step right beside left, (swing arms forward and click fingers)
- 27-28** Step left to left side, touch right beside left (repeat arm moves)
- 29-30** Step right large step right with knee bent (lunge), hold
- 31-32** Slide left foot to right, step left beside right (weight ends on left)

½ TURN CHUGS, FULL TURN CHUGS, CROSS, UNWIND FULL TURN

- 33-35** On ball of left use right toe to make ½ turn left in 3 toe pushes
- 36** Step right beside left taking weight
- 37-40** On ball of right use left toe to make a full turn right in 4 pushes
- 41** Cross left toe over right
- 42-44** Unwind full turn right, taking weight onto left

HANDS: (OPTIONAL) TO BE DANCED DURING CHORUS, WALLS 2,4,6,7

- 1-8** Roll arms calypso style during shuffles
- 9-12** With each heel dig swing thumbs up towards head then down again
- 29-30** Point right index finger up to right diagonal, left hand on hip
- 33-40** With palms flat at either side of head, elbows out, move hands in small circles as if shampooing hair

REPEAT