

# At Long Last Foxtrot

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**Music:** At Long Last Love - Peter Douglas - (Ballroom Passion) – Download from Casa Musica

**Rhythm:** Phase VI Foxtrot

**Sequence:** Intro, A, B, C, B, Ending Released December 2017 Version 1.0

**Speed:** 43 or as desired.

## Intro

1-4 **WAIT ; SWAY LEFT & RIGHT TO BFLY SCAR ; CK/DEVELOPE ; FEATHER FINISH ;**  
-- 1 (Wait)OP fc ptr DW no hands joined lead foot free pointed to sd ;  
SS 2 (Sway L & R)Sd L sweep arms to DC with L sd stretch, -, sd R sweep arms to DRW R sd stretch, -;  
S - 3 (Develope)Join both hands BFLY ck fwd L outs W in SCAR, - , -  
(W bk R, bring L foot up to R knee, extend L foot fwd & down to floor, -);  
SQQ 4 (Feather Finish)Bk R, -, sd & fwd L DC blending to CP, fwd R CBJO DC ;

## Part A

1-4 **REVERSE WAVE ; ; RIGHT TIPPLE CHASSE PIVOT ; HESITATION CHANGE ;**  
SQQ 1 (Reverse Wave)Fwd L comm LF trn, -, sd & fwd R cont trn fc DRC, bk L  
(W bk R, -, pull L heel to R turn LF on R heel cl L, fwd R);  
SQQ 2 Bk R, -, bk L trng LF, bk R CP RLOD(W fwd L, - fwd R, fwd L);  
SQQ&Q 3 (Rt Tipple Chasse Pivot)Bk L, -, trng RF with L sd stretch sd R/cl L, fwd R LOD  
pivot ½ RF no stretch  
(W fwd R, -, trng RF with R sd stretch sd L/cl R, bk L LOD pivot ½ RF);  
SS 4 (Hesitation Change)Bk L, -, trng RF sd & fwd R, drw L to R no weight CP DC  
(W fwd R, -, trn RF sd & bk L, drw R to L);

## 5-8 **TELESPIN TO CLOSED ; ; CHECK & WEAVE ; ;**

SQ- 5 (Telespin to CP)Fwd L CP comm LF turn, -, fwd & sd R cont turn,  
bk L LOD part weight keep L sd twd ptrn  
(SQQ&)  
(W bk R, -, draw L heel past R turning LF on R heel cl L to R, fwd R/fwd L)  
SQQ 6 Shifting full weight to L spin LF, sd R, bk L CP fc DRC, -  
(W fwd R comm LF spin, cl L to R, fwd R CP, -);  
SQQ 7 (Check & Weave)Chk Bk R, -, rec L slight LF trn, sd & bk R DC  
(W chk fwd L, -, rec R trng LF, sd & fwd L);  
QQQQ 8 XLIB, trng LF bk R, trng LF sd & fwd L, fwd R CBJO DW  
(W XRIF, fwd L, trng LF sd & bk R, bk L);

## 9-11 **CURVING 3 STEP ; BACK CURVING 3 STEP ; CHANGE OF DIRECTION ;**

SQQ 9 (Curving 3 Step) Fwd L, -, fwd R heel to toe strong trn LF, fwd L CP DRC  
(W bk R, -, bk L trng LF, bk R under body);  
SQQ 10 (Bk Curving 3 Step) Bk R, -, bk L trng LF, bk R CP DLW  
(W Fwd L, -, fwd R heel to toe strong trn LF, fwd L CP);  
SS 11 (Change of Direction) Fwd L DW, -, fwd R toeing in trng LF, drw L to R no weight CP DLC  
(W bk R, -, sd & bk L trng LF, drw R to L);

12-16 **LEFT FEATHER ; , , BK LEFT FEATHER ; ; HOVER ; CHAIR & SLIP ;**

- SQQ 12 (Left Feather) Fwd L to CP, -, fwd R slight LF body trn, fwd L to SCAR LOD;  
QQS 13 (Cont Left Feather) fwd R trng LF, bk L BJO, (Bk Left Feather) Bk R to CP, -;  
QQQQ 14 (Cont Bk Left Feather) bk L slight LF body trn, bk R to SCAR, bk L trng LF, fwd R CBJO DW;  
SQQ 15 (Hover) Fwd L CP, - sd & fwd R rising, rec L SCP;  
SQQ 16 (Chair & Slip) On Soft left leg ck thru R, -, rec L trng LF, drw R past L bk R CP DC  
(W chk thru L, -, rec R trng LF, fwd L CP);

**Part B**

1-4 **REVERSE TURN ; ; WHISK ; FEATHER ;**

- SQQ 1 (Reverse Turn) Fwd L comm LF trn, -, sd & fwd R fc RLOD, bk L  
(W bk R, -, pull L heel to R turn LF on R heel cl L, fwd R CP);  
SQQ 2 (Cont Rev Turn) Bk R tng LF, -, sd & fwd L, fwd R CBJO DW  
(W fwd L trng LF, -, sd & bk R, bk L);  
SQQ 3 (Whisk) Fwd L to CP, - sd & fwd R trng LF, XRIB to SCP  
(W bk R, -, sd & bk L trng RF, XRIB to SCP);  
SQQ 4 (Feather) Fwd R, -, fwd L, fwd R BJO DLC (W fwd L, -, fwd R trng LF, bk L);

5-8 **TELESWIVEL ; TRAVELING HOVER CROSS ; ; DOUBLE REVERSE ;**

- QQQ- 5 (Teleswivel) Fwd L CP comm LF turn, fwd & sd R cont turn, bk L DC,  
swivel hips LF allow R to cross in front of L no weight to SCP DW  
(W bk R, draw L heel past R turning LF on R heel cl L to R, fwd R outside ptrn BJO,  
swivel RF to SCP);  
SQQ 6 (Traveling Hover Cross) Fwd R trng RF, -, sd L cont RF trn, sd & fwd R to SCAR LOD  
(W bk L, -, heel trn on L cl R, sd & bk L);  
QQQQ 7 Fwd L in SCAR with rt sd stretch, fwd R to CP, fwd L to BJO, fwd R CBJO DC;  
SS 8 (Double Reverse) Fwd L trng LF, -, sd R & fwd trng LF fc RLOD bring L to R spin  
LF on R to LOD, -  
(SQ&Q&) (W bk R, -, drw L past R trn LF on R heel trnsfr wt to L, fwd R past M on toe trng LF/XLIF/stp in plc R);  
Note: Woman transitions on end of Double Reverse for Split Ronde

9-12 **SPLIT RONDE ; FWD SLOW RT LUNGE ; SLOW REC SLIP ; BOUNCE FALAWAY BJO ;**

- SQQ 9 (Split Ronde) Lowering slightly on R ronde L fwd & around to lft (CCW), -, XLIB trng LF,  
cont LF trn slip bk R CP Wall  
(SQ&Q) (W ronde L fwd & around to lft (CCW), -, XLIB trng LF/sd R cont trng, slip fwd L to M to CP);  
SS 10 (Fwd Slow Right Lunge) Fwd on L, -, lower on L lunge fwd & sd R on soft knee to Wall, -  
(W bk R, -, lunge L keep head to L, -);  
SS 11 (Slow Roll & Slip) Trng body RF Rec L rt sd stretch, -, slip R bk past L trng LF CP DC, -  
(W rec R trng head to rt lft sd stretch, - fwd L trng LF to CP head to lft);  
QQQQ 12 (Bounce Fallaway BJO) Fwd L comm LF turn rising to ball of foot, sd R lowering into soft leg,  
bk L in SCP rising to ball of foot slight LF trn lead W to turn, bk R  
(W bk R trng LF rising, sd L lowering, bk R SCP rising trng LF, fwd L BJO lower);

12-16 **WEAVE ENDING ; 3 STEP ; NATURAL HOVER CROSS ;**

- QQQQ 13 (Weave Ending) XLIB, trng LF bk R, trng LF sd & fwd L, fwd R CBJO DW  
(W XRIF, fwd L, trng LF sd & bk R, bk L);  
SQQ 14 (3 Step) Fwd L, -, fwd R heel to toe slight trn LF, fwd L LOD (W bk R, -, bk L, bk R);  
SQQ 15 (Natural Hover Cross) Fwd R trng RF, -, sd L cont RF trn, sd & fwd R to SCAR LOD  
(W bk L, -, heel trn on L cl R, sd & bk L);  
QQQQ 16 Fwd L cking outsd ptrn, rec R, sd & fwd L, fwd R to BJO DC (W chk bk R, rec L, sd & bk R, bk L);

## Part C

### 1-4 3 FALLAWAYS ; ; , W/SLIP CHASSE BJO ; START NATURAL WEAVE ;

- QQQQ 1 (3 Fallaways w/slip chasse BJO) Fwd L turning LF, sd R, XLIB(W XRIB),  
bk R turning W LF to CP RLOD;
- QQQQ 2 Cont turn sd L, XRIB(W XLIB) under body keep rt sd to ptrn, turn LF fwd L LOD,  
cont turn fc COH sd R;
- QQQ&Q 3 XLIB(WXRIB), cont turn bk R trng W to CP, cont turn fc Wall sd & fwd L/cl R, fwd R CBJO DW;  
SQQ 4 (Natural Weave) Fwd R BJO trng RF, -,sd & fwd L trng RF, bk R to DC with R rt sd lead  
(W bk L trn RF, -,trn RF on L heel cl R to L, fwd L);

### 5-8 CONT NATURAL WEAVE ; HOVER TELEMAR ; DOUBLE LILT ; CHAIR & SLIP ;

- QQQQ 5 XLIB, trng LF bk R, trng LF sd & fwd L, fwd R CBJO DW  
(W XRIF, fwd L, trng LF sd & bk R, bk L);
- SQQ 6 (Hover Telemark)Fwd L, -, fwd R trng body RF, fwd L SCP DW  
(W bk R, -, bk L trng RF brush R to L, fwd R);
- S&S& 7 (Double Lilt)Thru R rising to toe, -/cl L lower on R, thru R rise to toe, -/cl L lower on R;  
SQQ 8 (Chair & Slip)On Soft left leg ck thru R, -, rec L trng LF, drw R past L bk R CP DC  
(W chk thru L, -,rec R trng LF, fwd L CP);

### 9-12 DOUBLE REVERSE ; CONTRA CHECK & SWITCH ; DOUBLE RONDE TWIST TURN ; ;

- SS 9 (Double Reverse) Fwd L trng LF, -, sd & fwd R trng LF fc RLOD bring L to R no weight spin LF on  
R CP fc LOD, -  
(SQ&Q) (W bk R, -, drw L past R trn LF on R heel trnsfr wt to L, fwd R past M on toe trng LF/XLIF);
- SQQ 10 (Contra Check & Switch) Lower on R fwd L in contra body movement rt sd lead look over W's head, -  
rec R trng 3/8 RF, rec bk L 1/8 LF trn to fc RLOD;
- S-Q 11 (Double Ronde) Fwd R DRW cont RF trn ronde L leg CW,-, cont RF trn on R w/L leg ronde, sd L  
(W fwd L around M trn RF ronde R leg CW,-, cont RF trn on L w/R leg ronde, XRIB of L) CP DL
- S-Q 12 (Twist Turn) Lower and hook RIB of L for twist trn/unwind RF, cont RF unwind rising to R toe, -,  
bk & slightly sd L  
(&QSQ) (W run around M fwd L/fwd R, fwd L brush R to L trng square to M,-, fwd R LOD between M's  
feet) to CP DLW); - Note: Twist turn is 1 full turn;

### 13-16 BK HOVER BFLY SCAR ; CROSS SWIVEL POINT 4X ; ; HOVER CROSS ENDING BJO ;

- SQQ 13 (Bk Hover BFLY SCAR)Bk R, -, sd L to BFLY, rec R slight trn to BFLY SCAR DW;
- Q-Q- 14 (Cross Swivel Point 2X) XRIF(W XLIB), point trail foot to sd, XLIF(W XRIB), point lead ft to sd;
- Q-Q- 15 (Cross Swivel Point 2X)Repeat measure 14;
- QQQQ 16 (Hover Cross Ending BJO)Fwd L checking BFLY/SCAR outsd ptrn, rec R blending to CP,  
sd & fwd L, fwd R to BJO DC; (W chk bk R, rec L to CP, sd & bk R, bk L);

ENDING

1 - 4 **TELEMARK SCP ; CHAIR REC POINT/ LADY ROLL OUT ; FRONT VINE 4 ;  
MAN ROLL ACROSS ;**

- SQQ 1 (Telemark SCP)Fwd L CP comm LF turn, -, fwd & sd R cont turn, fwd L SCP DW  
(W bk R, -, draw L heel past R turning LF cl L to R, fwd R);
- SQ - 2 (Chair Rec Point/Lady Roll Out) On Soft left leg ck thru R, -, rec L release W, point R to RLOD  
(W Thru L, -, fwd R trng LF, sd L); end LOP Wall
- QQQQ 3 (Front Vine 4)Both Same footwork XRIF, sd L, XRIB, sd L;
- QQQQ 4 (Man Roll Across) M moving in front of W fwd R, fwd L trng LF, sd R cont trng, sd L OP Wall  
(W chk fwd R, rec L, chk bk & sd R, rec L);

5 - 7 **CROSS CHECK REC POINT/ LADY SD ; LADY ROLL IN TO WRAP ;  
UNWRAP & EXPLODE APT ;**

- SQ - 5 (Cross Check Rec Sd/M Point)On soft leg both XRIF, rec L, man point R to sd, -(W step sd R);
- SS 6 (Lady Roll Into Wrap)Sd R lead W to roll in, - sd L tch lead hands in wrap pos, -  
(QQS) (W roll into wrap pos L, R, L -);
- SQ 7 (Lady Roll Out & Explode) R lead W to roll to RLOD, -, strong sd L lead arm up & out  
(QQQ) (W roll to RLOD R, L, strong sd R to RLOD lead arm up & out);