



Approved by:



One Last Time

4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 & 3 – 4 & 5 & 6 & 7 – 8	Syncopated Heel Grinds, Heel Jack & Cross Sweep Step right heel forward. Fan right toe from left to right. Step back on right. Step left heel forward. Fan left toe from right to left. Step back on left. Cross right over left. Step left to left side. Touch right heel to right diagonal. Step right beside left. Cross left over right. Sweep right in front of left (no weight).	Heel Grind & Heel Grind & Cross & Heel & Cross Sweep	On the spot
Section 2 1 – 2 3 – 4 5 & 6 7 – 8	Cross Touch, Cross 1/4 Turn, Back Shuffle, Back Rock Cross right over left. Touch left toe to left side. Cross left over right. Turn 1/4 left stepping right back. (9:00) Step left back. Close right beside left. Step left back. Rock back on right. Recover onto left.	Cross Touch Cross Quarter Shuffle Back Rock Back	Left Turning left Back On the spot
Section 3 1 – 2 3 & 4 5 – 6 & 7 – 8	Full Turn, Forward Shuffle, Forward Rock, Jump Back x 2, Hold Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Step right forward. Close left beside right. Step right forward. Rock forward on left. Recover onto right. Jump back left. Jump back right. Hold.	Full Turn Right Shuffle Rock Forward Jump Back Hold	Turning left Forward On the spot Back
Section 4 1 – 2 & 3 – 4 5 – 6 7 – 8	Syncopated Cross Rocks, Rolling Full Turn, Hold Cross rock left over right. Recover onto right. Step left to left side. Cross rock right over left. Recover onto left. Turn 1/4 right stepping right forward. Turn 1/2 right stepping left back. Turn 1/4 right stepping right to right side. Hold. (9:00)	Cross Rock & Cross Rock Quarter Half Quarter Hold	On the spot Turning right
Section 5 & 1 – 2 & 3 – 4 5 – 6 7 & 8	Syncopated Monterey 1/2 Turn, Cross, Side, 1/2 Turn Chasse Step left beside right. Rock right to right side. Recover onto left. Turn 1/2 right stepping right beside left. Rock left to side. Recover onto right. (3:00) Cross left over right. Step right to right side. Turn 1/2 left stepping left to left side. Close right beside left. Step left to side. (9:00)	& Side Rock Turn Side Rock Cross Side Chasse Half	On the spot Turning right Right Turning left
Section 6 1 & 2 3 & 4 5 – 6 7 – 8	Right Sailor Step, Left Sailor Step, Step Pivot 1/2 Turn x 2 Cross right behind left. Step left to left side. Step right to place. Cross left behind right. Step right to right side. Step left to place. Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left.	Right Sailor Left Sailor Step Pivot Step Pivot	On the spot Turning left
Section 7 1 & 2 3 – 4 & 5 & 6 7 – 8	Kick Ball Change, Right Dorothy Step, Kick Ball Change, Step Touch Kick right forward. Step right beside left. Step onto left in place. Step right to right diagonal. Lock left behind right. Step right to right diagonal. Kick left forward. Step left beside right. Step onto right in place. Step left forward to left diagonal. Touch right behind left.	Kick Ball Change Right Dorothy Kick Ball Change Step Touch	On the spot Forward On the spot Forward
Section 8 1 & 2 3 & 4 5 – 6 7 – 8	Back Shuffle Right, Back Shuffle Left, Full Turn (Angling body slightly right) Step right back. Close left beside right. Step right back. (Angling body slightly left) Step left back. Close right beside left. Step left back. Turn 1/2 right stepping right forward. Step left forward. Turn 1/2 right stepping right forward. Step left forward.	Shuffle Back Shuffle Back Turn Step Turn Step	Back Turning right

Choreographed by: Rob Fowler (ES) September 2014

Choreographed to: 'One Last Time' by Ariana Grande from CD My Everything;
 download available from amazon or iTunes
 (start on vocals, approx 9 secs)