

**Last Thing On My Mind**

IMPROVER

44 Count 2 Walls

Choreographed by: "Rodeo" Ruth Lambden

Choreographed to: Last Thing On My Mind by Steps

**Side Shuffle Right With 1/2 Turn & Side Shuffle Left X 2.**

- 1 & 2 Side Shuffle Right With 1/2 Turn Right Stepping - Right, Left, Right.  
3 & 4 Side Shuffle Left Stepping - Left Right Left.  
5 & 6 Side Shuffle Right With 1/2 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.  
11 - 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)

**1/2 Turn Chugs, Full Turn Chugs, Cross, Unwind Full Turn.**

- 33 - 35 On Ball Of Left Use Right Toe To Make 1/2 Turn Left In 3 Toe Pushes.  
36 Step Right Beside Left Taking Weight.  
37 - 40 On Ball Of Right Use Left Toe To Make Full Turn Right In 4 Toe 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.