

The "At Last" Blues Aka Hayloft Blues

32 Count, 2 Wall, Intermediate

Choreographer: Forty Arroyo (USA) Dec 2011

Choreographed to: At Last by Beyonce;

At Last by Etta James

Sequence: 32, 32, 32, 24, Bridge, (25-32), (1-8), Ending

Start dancing on lyrics

SIDE, ROCK, RECOVER, SIDE, WEAVE, REPEAT (END AT 12:00)

- 1-2&a Step right to side, rock left back, recover to right, step left to side
3&a4 Cross right behind left, step left to side, cross right over left, step left to side
5-8 Repeat 1-4

**STEP, ½ LEFT, FULL TURN LEFT, PRESS, RECOVER, COASTER, TURN 1/8 LEFT (2X),
CROSS, STEP, STEP, CROSS, STEP, STEP (END AT 3:00)**

- 1-2&a3 Step right forward, turn ½ left (weight to left), turn ½ left and step right slightly back,
turn ½ left and step left forward, rock right forward
Option for steps 1,2&a3
1-2&a3 Step right forward, turn ½ left (weight to left), step right forward, step left together,
rock right forward
4&a Recover to left, step right back, step left together
5&a Step right forward, roll hips to left, turn 1/8 left (weight to left)
6&a Step right in place, roll hips to left, turn 1/8 left (weight to left)
7&a Cross/rock right over left, recover to left, step right to side
8&a Cross/rock left over right, recover to right, step left to side

**SIDE, ROCK, RECOVER, SIDE, BEHIND, BALL STEP, BALL STEP, CROSS, STEP, STEP,
CROSS, STEP, STEP SIDE ¼ RIGHT, CROSS (END AT 6:00)**

- 1-2&a Step right to side, cross/rock left behind right, recover to right, step left to side
3 Cross right behind left
4&a5 Sweep/cross left behind right, step right slightly forward, cross left behind right,
step right slightly forward
6&a Cross left over right, step right back, step left back
7&a Cross right over left, step left back, turn ¼ right and step right to side
8 Cross left over right
Bridge happens here: pause here on 4th wall, swaying upper body right and left,
continue the dance (with counts 25-32) on the word "last"

SIDE, BALL STEP, BALL STEP (REPEAT), SAILORS RIGHT & LEFT, WEAVE

- 1 Step right to side
2&a3 Cross/rock left behind right, recover to right, rock left to side, recover to right
4&a5 Cross/rock left behind right, recover to right, rock left to side, recover to right
6&a Left sailor step
7&a Right sailor step
8&a Cross left behind right, step right to side, cross left over right

ENDING Dance the first 8 counts of the dance, sweeping left around in front of right on count 8
(instead of stepping left to side). Then do the following:

Cross left over right

Wait for the music, then unwind slowly, a full turn right
