

AT LAST

Release Date: 3/15/19 v1.2
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Music: "At Last" Artist: Martina McBride
download available @ Amazon.com CD The Essential Martina McBride
Time/Speed: 3:03 at download speed
Modifications: Increase speed plus 4% [appx 47 rpm] or to suit
Degree of Difficulty: AVG
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Timing: SQQ unless indicated, reflects actual weight changes
Rhythm/Phase: Slow Two Step IV+1 [Triple Traveler], +2 [Traveling Right Turn, The Square]
Sequence: **INTRO A Amod1 B Amod2 END**

INTRODUCTION

1-4 FCG LOD BOTH HANDS JOINED WAIT;; TRAVELING CROSS CHASSE 2X TO FACE WALL;;

[1-2] [Wait] In low BFLY pos M FCG LOD bo hnds jnd M's L & W's R ft free Wait 2 ms;;
[2-4] [Traveling Cross Chasse 2X To WALL] Fwd L, -, w/slight LF body trn sd R, XLif;
Fwd R comm RF trn to fc WALL, -, comp trn sd L, XRif (Bk R, -, w/slight LF body trn sd L,
XRif; Bk L trn comm RF trn to fc COH, -, comp trn sd R, XLif);

5-8 AWAY CROSS CHASSE; TOGETHER CROSS CHASSE; UNDERARM TURN; REVERSE UNDERARM TURN;

[5] [Away Cross Chasse] Releasing ld hnds w/trail hnds jnd fwd L trn LF to fc DLC, -, sd R, XLif (Fwd R trn RF to fc DLW, -, sd L, XRif);
[6] [Together Cross Chasse] Fwd R trn RF to fc WALL, -, sd L, XRif (Fwd L trn LF to fc, -, sd R, XLif) jn ld hnds;
[7] [Underarm Turn] Sd L raising jnd ld hnds, -, XRib ldg W to trn RF undr jnd hnds, rec L (Sd R comm RF trn, -, XLif cont RF trn, cont trn rec R to fc);
[8] [Reverse Underarm Turn] Sd R raising jnd ld hnds, -, XLif ldg W to trn undr jnd hnds, rec R to fc (Sd L comm LF trn, -, XRif cont LF trn, cont trn rec L to fc);

PART A

1-4 BASIC [MANEUVER];; TRAVELING RIGHT TURN; OUTSIDE ROLL;

[1-2] [Basic w/Maneuver] Sd L to CP, -, XRib, rec L; Sd R,-, XLib, fwd R comm RF trn (Sd R to CP, -, XLib, rec R; Sd L, -, XRib, rec fwd L);
[3] [Traveling R Turn] Trng RF Xif of W sd & bk L to fc RLOD, -, XRib, twst trn RF 5/8 on both ft to fc DLW transfer wt to L (Fwd R btwn M's ft, -, fwd L comm RF trn, fwd R around M ckg end fcg DRC);
[4] [Outside Roll] Fwd R raising jnd ld hnds to ld W to trn RF, -, fwd & sd L, XRif (Bk L comm RF trn undr jnd ld hnds, -, cont RF trn sd & fwd R, cont trn bk & sd L to fc);

5-8 SIDE BASIC; OPEN BREAK; CHANGE SIDES UNDERARM; SIDE RONDE VINE 2 [LOP LOD];

[5] [Side Basic] Sd L to CP, -, XRib, rec L (Sd R to CP, -, XLib, rec R);
[6] [Open Break] Sd R, -, bk L, rec R (Sd L, -, bk R, rec L);
[7] [Change Sides Underarm] Twd W's R sd trng RF fwd & sd L raising jnd ld hnds, -, sd R twd LOD, XLif (Fwd R to M's R sd turning ½ LF to fc WALL, - sd L to LOD, XRif) COH;
[8] [Side Ronde Vine 2] BFLY Sd R ronde L leg CCW, -, XLib, sd & fwd R slight RF trn (Sd L ronde R leg CW, -, XRib, sd & fwd L slight LF trn) LOP LOD;

PART A (Contd)

9-12 OUTSIDE ROLL; BASIC ENDING [PICKUP]; LEFT TURN INSIDE ROLL; OPEN BASIC;

[9] [Outside Roll] Fwd L bringing jnd ld hnds down & bk to ld W to trn RF, -, fwd & sd R to fc ptr, XLif to fc COH lowering hnds (Fwd R comm RF roll, -, undr jnd ld hnds cont RF trn sd & bk L, cont trn sd R) LOP FCG COH;

[10] [Basic Ending Pickup] Sd R to CP, -, XLib, rec R comm pickup (Sd L to CP, -, XRib, rec L);

[11] [Left Turn Inside Roll] Fwd L comm LF upper body trn ldg W to M's L sd raising jnd ld hnds, -, trng W undr jnd hnds fwd & sd R, XLif (Fwd R comm LF trn, -, sd L trng LF undr jnd ld hnds, cont LF trn sd & bk R);

[12] [Open Basic] Sd R opening body to ½OP, -, XLib, fwd R (Sd L opening body to ½OP, -, XRib, fwd L) ½OP LOD;

13-16 THE SQUARE;;;:

[13-16] [The Square] Comm ¼ RF trn sd L Xif of W fcg RLOD, -, in L½OP sd & fwd R twd COH, XLif; Ldg W to XIF fwd R, -, in ½OP sd & fwd L twd RLOD, XRif; Comm ¼ RF trn sd L Xif of W fcg LOD, -, in L½OP sd & fwd R twd WALL, XLif; Ldg W to Xif fwd R, -, in ½OP sd & fwd L to LOD, XRif (Fwd R, -, sd & fwd L to COH, XRif; Comm ¼ RF trn sd L Xif of M fc WALL, -, sd & fwd R to RLOD, XLif; Fwd R, -, sd & fwd L twd WALL, XRif; Comm ¼ RF trn sd L Xif of M fc COH, -, sd & fwd R to LOD, XLif);

PART A MOD1

1-15 BASIC [MANEUVER];: TRAVELING RIGHT TURN; OUTSIDE ROLL; SIDE BASIC; OPEN BREAK; CHANGE SIDES UNDERARM; SIDE RONDE VINE 2 [LOP LOD]; OUTSIDE ROLL; BASIC ENDING [PICKUP]; LEFT TURN INSIDE ROLL; OPEN BASIC; THE SQUARE;;;:

[1-15] Repeat ms 1-15 Part A end CP COH;,,,,,,,,,,,,;

16 [PICKUP];

[16] [complete The Square commence Pickup] Ldg W to Xif fwd R, -, in ½OP sd & fwd L to LOD, XRif (Comm ¼ RF trn sd L Xif of M fc COH, -, sd & fwd R to LOD, XLif) jng ld hnds comm pickup action;

PART B

- 1-4 TRIPLE TRAVELER;;; BASIC ENDING;**
[1-3] [Triple Traveler] Fwd L comm LF upper body trn ldg W to M's L sd raising jnd ld hnds, -, trng W undr jnd ld hnds fwd & sd R, sd & fwd L LOP fcg LOD; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R; Fwd L bringing jnd hnds down & bk to ld W to trn RF, -, fwd & sd R to fc ptr, XLif (Fwd R comm LF trn, -, cont trn sd & fwd L trng undr jnd ld hnds, sd R cont trn to fc; To LOP LOD fwd L, -, fwd R, fwd L; Fwd R comm RF roll, -, undr jnd ld hnds cont RF trn sd & bk L, cont trn sd R) LOP FCG COH;
[4] [Basic Ending] Sd R to CP, -, XLib, rec R (Sd L to CP, -, XRib, rec L) CP COH;
- 5-8 TWISTY BASIC 2X;; LUNGE BASIC INSIDE ROLL; LUNGE BASIC [PICKUP];**
[5-6] [Twisty Basic 2X] Sd L w/slight RF trn, -, XRib, rec L; Sd R w/slight LF, -, XLib, rec R (Sd R w/slight RF trn, -, XLif, rec R; Sd L w slight LF trn, -, XRif, rec L);
[7] [Lunge Basic Inside Roll] Sd L w/slight lunge action, -, rec R raising jnd ld hnds ldg W to trn LF undr jnd hnds, XLif (Sd R w/slight lunge action, -, rec L comm LF trn undr jnd ld hnds, cont LF trn sd & bk R fc ptr);
[8] [Lunge Basic] Sd R to CP w/slight lunge action, -, rec L, XRif (Sd L to CP w/slight lunge action, -, rec R, XLif) comm pickup action;
- 9-12 TRIPLE TRAVELER;;; BASIC ENDING;**
[9-12] [Triple Traveler Basic Ending] fcg COH Repeat ms 1-4 Part B end fcg WALL;;;;
- 13-16 TWISTY BASIC 2X;; LUNGE BASIC INSIDE ROLL; LUNGE BASIC;**
[13-16] [Twisty Basic 2X Lunge Basic I/S Roll Lunge Basic] Fcg Wall Repeat ms 5-8 Part B end fcg WALL;;;;

PART A MOD2

- 1-10 BASIC [MANEUVER];; TRAVELING RIGHT TURN; OUTSIDE ROLL; SIDE BASIC; OPEN BREAK; CHANGE SIDES UNDERARM; SIDE RONDE VINE 2 [LOP LOD]; OUTSIDE ROLL; BASIC ENDING;**
[1-10] Repeat ms 1-10 Part A end CP COH;;;;;;;
- 11-14 SIDE DRAW CLOSE; [SEE NOTE 1] SIDE PROMENADE SWAY HOLD~ RIGHT LUNGE HOLD~ ROCK 2;; [SEE NOTE 2]**
[11] [Side Draw Close] Sd L, -, drw R, cl R (Sd R, -, drw L, cl L);
** [NOTE 1: music slows slightly]
[12~14] [Side Promenade Sway Hold~] Sd L stretching R sd looking LOD, hold, -, -, -, -,
(Sd R stretching L sd looking LOD, hold, -, -, -, -)
[Right Lunge Hold~] Lunge sd & fwd R looking slightly R, hold; -, -,
(Lunge sd & bk L looking well L, hold; -, -,)
[Rock 2] Sd L, sd R (Sd R, sd L);
** [NOTE 2: Appx 3 ms. Timing slows. No music - dancing to the vocal only. "For You Are Mine...." for the Promenade Sway. "No vocal" to start Right Lunge then dancing Right Lunge through "At Last". during end of word "Last" there are 2 drum beats for the Rock 2. Approximate Timing: Side Promenade Sway appx 1½ ms, R lunge appx 1 ms, Rock 2 ½ ms=2Q]

ENDING

1-4 BASIC [PICKUP];; LEFT TURN INSIDE ROLL; OPEN BASIC;

[1-2] [Basic] Repeat ms 1-2 Part A comm pickup;;
[3] [Left Turn Inside Roll] Repeat ms 11 Part A;
[4] [Open Basic] Repeat ms 12 Part A;

5-8 THE SQUARE;;;;

[5-8] [The Square] Repeat ms 13-16 Part A;;;;

9-10+ SIDE DRAW CLOSE; PROMENADE SWAY; OVERSWAY;

[9] [Side Draw Close] To CP Repeat ms 11 Part AMod; [Note: music slows]
[10] [Promenade Sway] Repeat ms 12 Part Amod [Note: 1 ms];
[11] [Oversway] With weight on M's L & W's R change sway stretching L sd (change sway stretching R sd looking L) to oversway line,,, [Note: 3 piano notes]

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HEAD CUES

INTRO

FCG LOD BO HNDS JND LD FT FREE WAIT 2 MS;
TRAVELING CROSS CHASSE 2X TO FACE WALL;;
AWAY CROSS CHASSE; TOGETHER CROSS CHASSE;
UNDERARM TURN; REVERSE UNDERARM TURN;

A

[CP] BASIC [MANEUVER];; TRAVELING RIGHT TURN; OUTSIDE ROLL;
SIDE BASIC; OPEN BREAK; CHANGE SIDES UNDERARM; SIDE RONDE VINE 2 [LOP
LOD];
OUTSIDE ROLL; BASIC ENDING [PICKUP]; LEFT TURN INSIDE ROLL; OPEN BASIC;
THE SQUARE;;;;

AMOD1

BASIC [MANEUVER];; TRAVELING RIGHT TURN; OUTSIDE ROLL;
SIDE BASIC; OPEN BREAK; CHANGE SIDES UNDERARM; SIDE RONDE VINE 2 [LOP
LOD];
OUTSIDE ROLL; BASIC ENDING [PICKUP]; LEFT TURN INSIDE ROLL; OPEN BASIC;
THE SQUARE [PICKUP];;;

B

TRIPLE TRAVELER;;; BASIC ENDING;
TWISTY BASIC 2X;; LUNGE BASIC INSIDE ROLL; LUNGE BASIC [PICKUP];
[RLOD] TRIPLE TRAVELER;;; BASIC ENDING;
TWISTY BASIC 2X;; LUNGE BASIC INSIDE ROLL; LUNGE BASIC;

AMOD2

BASIC [MANEUVER];; TRAVELING RIGHT TURN; OUTSIDE ROLL;
SIDE BASIC; OPEN BREAK; CHANGE SIDES UNDERARM; SIDE RONDE VINE 2 [LOP
LOD];
OUTSIDE ROLL; BASIC ENDING;
SIDE DRAW CLOSE; SIDE PROMENADE SWAY HOLD~ RIGHT LUNGE HOLD~ ROCK 2;;;;

END

BASIC [PICKUP];; LEFT TURN INSIDE ROLL; OPEN BASIC;
THE SQUARE;;;;
[CP] SIDE DRAW CLOSE; SIDE PROMENADE SWAY; OVERSWAY,,,;