

AT LAST HESITATION CANTER

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With Yelena Babyuk Dance Starz AZ, Footwork Opposite Unless Noted
Download Amazon, iTunes At Last by Etta James Released 2/4/24
CD: Etta James At Last Track 7 Phase VI Hesitation Canter Waltz Speed: 45 rpm
Sequence: INTRO, A, A, B, C, ENDING Time: 3:00 minutes

INTRO

1-4 WAIT;-; CHECK FORWARD LADY DEVELOPE; BACK RUN AROUND 5 & HOLD TO CP DLC;

- 1-2 {Wait} In BFLY SCAR DRW ld ft free;-;
1----- 3-4 {Ck Fwd W Develope} Fwd L sway L,,,, (W ck bk R,, lift L,,
12345- kick L fwd while look at COH); {Bk Run Arnd 5 & Hold to CP
DLC} Bk runaround in pl R,L,R,L,R, while PU W to CP DLC &
hold 1 ct (W fwd runaround blend to CP L,R,L,R,L, hold);

5-8 DOUBLE REVERSE TWICE;-; SLOW CONTRA CHECK; SLOW HOVER BRUSH SCP DLW;

1-3--- 5-6 {Dbl Rev Twice} Fwd L comm LF trn,, sd R arnd W cont LF trn,
(W1-34-6) spin LF on R to CP fc LOD,, tch L to R (W bk R,, cl L to R heel
1-3--- trn, cont LF trn sd R,, XLif of R end CP); Fwd L start LF trn,, sd
(W1-34-6) R arnd W cont LF trn, spin LF on R to CP fc DLW,, tch L to R
(W bk R,, cl L to R heel trn, cont LF trn sd R,, XLif of R CP);
1----- 7-8 {Slow Contra Ck} Trning body LF fwd L to contra ck W's head
1----6 well to L; {Slow Hvr Brush SCP DLW} Rec R trn body RF with
R sway,, brush L to R still with R sway W's hd closed,, fwd L in
SCP DLW;

PART A

1-4 OPEN NATURAL; OUTSIDE SPIN OVERTURNED; WITH PIVOT & TWIST TURN ENDING SCP DLC;-;

1--4-6 1-2 {Op Nat} Fwd R,, trning RF sd & fwd L Xif of W,, bk R in BJO
1--4-6 DRC (W fwd L,, fwd R,, fwd L); {Outsd Spn Ovrtrned} In BJO
comm RF body trn toeing in with R sd ld bk L trng 3/8 RF,, fwd
R heel to toe cont RF trn,, sd & bk L pvt 1/2 RF to CP DLC (W
start RF body trn with L sd ld fwd R in BJO heel to toe,, cl L to
R on toes of both ft trn RF 3/8 btwn steps 1 & 2,, cont trn RF fwd
R btwn M's feet pvt 1/2 RF to CP);
1--4-6 3-4 {With Pvt & Twst Trn Endg SCP DLC} Cont RF pvt 1/2 fwd R
----6 LOD,, cont RF trn sd L twd WALL Xif of W,, hook Rib of L wgt
(W1--4-6) on both feet CP fc RLOD (W cont RF pvt 1/2 bk L,, cl R,, small
fwd L arnd M); Unwind SCP DLC,,,, (W arnd M fwd R,, fwd L
brush R to L,,) fwd & sd L;

5-8 WEAVE 3; BACK TWIST VINE 4; WEAVE ENDING BJO; MANUEVER;

- 1--4-6 5-6 {Wev 3} Fwd R,, fwd L trning LF W in frnt,, sd & bk R to BJO
 1-34-6 fc DRC; {Bk Twst Vin 4} Bk L,, trn RF sd R, cont RF trn XLif of R,, trn LF sd & bk R to BJO DRC;
 1--4-6 7-8 {Wev Endg BJO} Bk L in BJO,, bk R trn LF,, fwd L to BJO
 1--4-6 DLW; {Manuv} Fwd R start RF trn,, sd L cont RF trn,, cl R to L end CP RLOD;

9-12 IMPETUS SCP; QUICK OPEN REVERSE; BACK TO HINGE; HOVER OUT TO SCAR RLOD;

- 1--4-6 9-10 {Imp SCP} Trn RF bk L,, cl R to L heel trn,, fwd L to SCP DLC
 1-34-6 (W fwd R,, fwd & sd L arnd M,, fwd R); {Qk Op Rev} Fwd R in SCP,, fwd L comm to trn LF, sd & bk R [1/4 LF trn btwn steps 2 & 3],, with R sd stretch bk L in BJO;
 1--4--- 11-12 {Bk to Hinge} Bk R start LF trn,, sd & bk L cont LF trn end
 (W1--4-6) DLW,, lower twd W to cause her hinge leave R ft pt bk (W fwd L
 ---4-6 comm LF trn,, sd & fwd R cont LF trn,, bk L under body flick
 (W1--4-6) Rif of L); {Hvr Out to SCAR RLOD} Rise & trn body RF to pl W on her R ft,, fwd R twd RLOD trn W to SCAR,, rec bk L (W fwd R,, fwd L trn RF to SCAR,, fwd R);

13-16 QUICK BACK TWIST VINE 3 SWIVEL; QUICK FORWARD TWIST VINE 3 SWIVEL; QUICK BACK TWIST VINE 3 SWVL; FORWARD HOVER MAN TO SCP DLW;

- 1-34-- 13-14 {Qk Bk Twst Vin 3 Swvl}; With small steps bk R,, trn LF sd L,
 1-34-- trn LF fwd R swvl RF to SCAR RLOD,,; {Qk Fwd Twst Vin 3 Swvl} Fwd L,, trn LF sd R, trn LF bk L swvl RF SCAR RLOD,,;
 1-34-- 15-16 {Qk Bk Twst Vin 3 Swvl} Rpt meas 13 part A; {Fwd Hvr M to
 1--4-6 SCP DLW} Fwd L,, sd & fwd R trn LF,, fwd L in SCP DLW;

REPEAT PART A

PART B

1-4 IN & OUT RUNS 4 TIMES TO SCP LOD;-;-;-;

- 1--4-6 1-4 {In & Out Runs 4 Times to SCP LOD} Fwd R comm RF trn,,
 1--4-6 sd & bk DLW L to CP,, bk R with R sd ldg to BJO; bk L trng
 1--4-6 RF,, sd & fwd R btwn W's ft cont RF trn,, fwd L to SCP LOD
 1--4-6 (W fwd L,, fwd R btwn M's ft,, fwd L outsd ptr with L sd ldg to BJO; fwd R comm RF trn,, fwd & sd L cont trn,, fwd R to SCP LOD); Rpt meas 1-2 part B;-;

5-8 FORWARD LILT 4; CHAIR RECOVER SLIP; TELEMAR BJO; MANUEVER;

- 1-34-6 5-6 {Fwd Lilt 4} Fwd R with slgt rise,, fwd L lowerg, fwd R with slgt
 1--4-6 rise,, fwd L lowerg; {Chair Rec Slip} Lunge thru R,, rec L,, slip
 LF bk R fc DLC (W slip fwd L to CP);
 1--4-6 7-8 {Tele BJO} Fwd L comm LF trn,, fwd & sd R arnd W close to
 1--4-6 W's ft trng LF,, fwd & sd L in BJO (W bk R,, cl L to R heel trn,,

sd & bk R in BJO); {Manuv} Fwd R start RF trn,, sd L cont RF trn,, cl R to L end CP RLOD;

9-12 OVERTURNED SPIN TO; DOUBLE BACK LOCK; OUTSIDE CHECK; OUTSIDE CHANGE TO SCP DLW;

- 1--4-6 9-10 {Ovrtrnd Spn to} Bk L pvt ½ RF,, fwd R pvt RF,, bk L with R
1-34-6 sd bk fc DRW; {Dbl Bk Lk} In BJO bk R,, lk Lif of R, bk R,, lk Lif of R;
- 1--4-6 11-12 {Outsd Ck} Bk R trng LF,, sd & fwd L,, ck fwd R outsd ptr to
1--4-6 BJO; {Outsd Chg SCP DLW} Bk L,, bk R trng LF,, sd & fwd L to SCP DLW;

13-16 NATURAL HOVER CROSS;-; 2 LEFT TURNS FACE WALL;-;

- 1--4-6 13-14 {Nat Hvr X} Fwd R,, trng RF sd & fwd L arnd W,, cont RF trn
1-34-6 step fwd R DLW in SCAR fc DLC (W fwd L,, fwd R btwn M's ft trn strongly RF,, bk L in SCAR); XLif of R twd DLW ckg,, rec R, trng body RF sd L,, fwd R in BJO DLC;
- 1--4-6 15-16 {2 L Trns Fc WALL} Fwd L comm LF trn,, sd & fwd R cont
1--4-6 LF trn,, cl L fc RLOD; bk R cont LF trn,, sd L,, cl R fc WALL;

PART C

1-4 3 RIFF TURNS & FORWARD TO SCP;-; SLOW SIDE LOCK; CHANGE OF DIRECTION;

- 1-34-6 1-2 {3 Riff Trns & Fwd to SCP} Sd L ld W to RF undrm spin,, cl R,
1-34-- sd L,, cl R; sd L,, cl R, sd & fwd L to SCP LOD (W trn to LOD fwd R spin RF to fc man,, cl L, fwd spin RF,, cl L; fwd spin RF,, cl L, sd & fwd R to SCP LOD),,;
- 1--4-6 3-4 {Slow Sd Lk}; Thru R,, with strong L sd stretch & slgt LF body
1--4-- rotation sd & fwd L,, lk Rib of L CP LOD; {Chg of Direction} Fwd L comm LF trn,, fwd & sd R cont trn,, draw L to R fc strong DLC;

5-8 CONTINUOUS DOUBLE REVERSE;-; CONTRA CHECK & SWITCH; RUDOLPH RONDE & SLIP;

- 1-3--- 5-6 {Cont Dbl Rev} Repeat meas 5 of intro end DLC; cont LF spin
(W1-34-6) on R ft to fc DLW (W dancg LF arnd the M sd R,, XLIF of R, sd R,, XLIF of R); Note: [The man may use his L ft to help propel the trn by tchg it next to R with some pressure twice]
- (W1-34-6) 7-8 {Contra Ck & Switch} Comm LF upper body trn with strong R
1--4-6 sd ld ck fwd L,, rec R comm strong RF trn leavg L ft almost in
1--4-6 place,, cont RF trn rec L with up to ½ RF trn; {Rudolph Ronde & Slip} Fwd R btwn W's ft as if to comm RF pvt but stop action by flexg R knee while keepg LF bk contg body trn allowg L sd to remain twd W (W fwd L arnd but cl to M's R ft ronde R leg CCW),, bk L (W XRib of L to momentary SCP),, bk R with rise and cont LF trn (W slip fwd L) to CP DLW;

9-13 CROSS HOVERS BJO; SCAR; SCP; PICK-UP QUICK TELEMAR TO THROWAWAY OVERSWAY;-;

- 1--4-6 9-10 {**Cross Hvr to BJO & SCAR**} Fwd L trn LF,,, fwd & sd R cont
 1--4-6 LF trn DLC,, fwd L BJO; Fwd R trn RF,,, sd & fwd L cont RF trn
 DLW,, fwd R SCAR;
- 1--4-6 11-13 {**Cross Hvr SCP**} Fwd L,,, fwd & sd R CP DLW,, trng to SCP
 1--4-6 DLC fwd L; {**PU Qk Tele to Throaway Owersway**} Fwd R
 1----- trng LF to PU W,,, trng LF fwd L,, fwd & sd R arnd W (**W fwd L
 trn LF to PU,,, bk R,, cl L to R heel trn**); Sd & bk L trng LF,,,
 cont trn to CP LOD lower & extend trail ft bk,;
- 14-16 RISE TO SAME FOOT LUNGE LINE; DOUBLE TELESPIN ENDING
 TO SCP;-;**
- 4-- 14-16 {**Rise to Same Ft Lun Line**} Rise trng RF to CP fc WALL,,, cl R
 (W-) to L (**W rise on R swvl to fc ptr,,, cont swvl fc LOD**),, lower & pt
 1--4-- L sd & bk (**W pt L fwd**) to same ft lun line; {**Dbt Telespin Endg
 to SCP**} Ld W to run by trng LF on R to plc wgt on L fc LOD,,,
 (W&1--4-6) fwd & sd R arnd W,, pt L sd & bk with partial wgt still fcg W &
 1--4-6 DRW (**W run by M startg on & ct fwd L/ fwd R,,, cl L to R toe
 spn,, fwd R twd LOD**); lead W to run by as trn LF on R ft to plc
 (W&1--4-6) wgt on L fc LOD,,, fwd & sd R arnd W,, fwd & sd L to SCP
 DLW (**W run by M startg on & ct fwd L/ fwd R,,, cl L to R toe
 spn,, fwd R DLW**);
- 17-20 CURVE FEATHER CHECKED; HESITATION CHANGE; DOUBLE
 REVERSE TWICE;-;**
- 1-4-6 17-18 {**Crv Fthr Ckd**} Fwd R comm RF trn,,, with L sd stretch cont RF
 1--4-- trn sd & fwd L,, cont upper body RF trn fwd R in BJO DRW;
 {**Hes Chg**} Trng RF bk L,,, cont RF trn sd R,, draw L end DLC;
 19-20 {**Dbt Rev Twice**} Rpt meas 5-6 of the intro;-;
- 21-22 SLOW CONTRA CHECK; HOVER BRUSH TO SCP DLW;**
- 1----- 21-22 {**Slow Contra Ck**} Rpt meas 7 of intro but not as slow as intro;
 1-4-6 {**Hvr Brush to SCP**} Rpt meas 8 of intro but not as slow as intro;

ENDING

- 1-5 THROUGH TO LEFT WHISK & SHAPE;-; MAN UNWIND & RUN
 AROUND 2 MEASURES CP DLC;-; SLOW RIGHT LUNGE;**
- 1--4-6 1-2 {**Thru to L Wsk & Shape**} Thru R,,, sd & fwd L trng body LF,,
 - cont LF body trn XRib of L fc DLW wgt on both ft (**W thru L,,,
 sd & fwd R trng body LF,, XLib of R flick Rif of L**); Cont slow
 LF body rotation W look strongly to L;
- 2345678 3-5 {**Man Unwind & Run Arnd 2 Meas CP DLC**} Lower & unwind
 (W1&2345678) RF on 1& then join fwd runaround in pl with an odd number of
 &1 steps to make 2 full revolutions end CP fc DLC with trl ft free (**W
 run arnd the man suggested 9 steps 1&2345678**);-; {**Slow Rt
 Lunge**} Lower with strong L sway/ sd & fwd R DLW with strong
 R sway & hold;