

The Last Word In Lonesome Is Me

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CD: The Hits, Track 15 Artist: Roger Miller Available from Amazon

Rhythm: Waltz RAL Phase II + 2 [Hover, Interrupted Box]

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL Waltz unless noted. Time @ 45 RPM: 2:46 Difficulty Level - Moderate

Sequence: Intro-A-B-A-C-End Released: Nov 1, 2016

Meas

INTRODUCTION

1 - - 4 LOP FCNG DLW WAIT 2;; APT, PT; PU CP/DLC, TCH;

1 - 2 OP Fcng Wall lead ft free wait 2 meas;;

3 - 4 [Dip] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, -,-;
[Rec, Tch] Rec R, draw L to R to CP/DLC, -;

PART A

1 - - 4 TWO LEFT TRNS FC WALL;; HOVER; PU, FC, CL;

1 - 2 [2 Lft Trns] Fwd L commence LF trn, continue trn sd R diagonally across LOD trng LF to fc DRC, cl L to R; bk R continue LF trn, continue trn sd L to fc Wall, cl R to L (Bk R commence LF trn, continue trn sd L twd LOD fc DLW, cl R to L; fwd L continue LF trn, continue trn sd R diagonally across LOD trng LF, cl L to R;) CP/Wall;

3 [Hover] Fwd L, fwd & sd R w/rise, rec L to SCP;

4 [PU, Sd, CI] Small fwd R, sd L, cl R to L (fwd L stepping in front of M trng LF to CP, sd R, cl L to R);

5 - - 8 LEFT TRNG BOX TO SCAR;;;;

5 - 8 [Lft Trng Box] Fwd L commence LF trn ¼, complete trn sd R, cl L to R; Bk R commence LF trn ¼, complete trn sd L, cl R to L; Fwd L commence LF trn ¼, complete trn sd R, cl L to R; Bk R commence LF trn ¼, complete trn sd L, cl R to L blending to SCAR/DLW;

9 - 12 THREE PROG TWINKLES;;; FWD, FC, CL;

9 - 11 [Prog Twinkles] XLIF trng slightly LF to momentary CP, sd R continue LF trn to BJO, cl L to R; XRIF trng slight Rf to momentary CP, sd L continue RF trn to SCAR, cl R to L; XLIF trng slightly LF to momentary CP, sd R continue LF trn to BJO, cl L to R;

12 [Fwd, Fc, CI] Fwd R commencing RF trn, sd & fwd L to fc ptr & wall, cl R to L;

13 - 16 TWISTY BAL L & R;; CANTER 2X;;

13 - 14 [Twisty Balance] Sd L, with slight rise, XRIB, rec L; Sd R, with slight rise XLIB, rec R (Sd R, with slight rise XLIF, rec R; Sd L, with slight rise, XRIF, rec L;) to end in BFLY;

15 - 16 [Canter 2X] Sd L, draw R to L, cl R; Sd L, draw R to L, cl R;

PART B

1 - - 4 WALTZ AWAY; TRN IN FC RLOD; BK WALTZ; BK, DRAW, TCH;

1 [Waltz Away] With inside hnds joined fwd L trng away from ptr, sd & fwd R, fwd L;

2 [Trn in Fc RLOD] Fwd R commence RF trn, sd L continue RF trn to fc RLOD, bk R;

3 [Bk Waltz] Bk L, bk R, bk L;

4 [Bk, Draw, Tch] Bk R, draw L to R, tch L;

5 - - 8 THRU TWINKLE; MANUV; 2 RT TRNS FC WALL;;

5 [Thru Twinkle] Thru R commencing RF trn to fc Ptr, sd L, cl R to L to OP/LOD;

6 [Manuv] Thru R commence RF upper body trn, continue RF trn to fc ptr sd L, cl R to L CP/RLOD (thru L sd & fwd R, cl L to R CP/RLOD);

7 - 8 [2 Rt Trns Fc Wall] Bk L commence RF trn, continue trn sd R twd LOD trng RF, cl L fc DLC; fwd R continue RF trn, continue trn sd L diagonally across LOD trng RF to Fc Wall, cl R (Fwd R commence RF trn, continue trn sd L diagonally across LOD trng RF, cl R; bk L continue RF trn, continue trn sd R twd LOD trng RF, cl L);

9 - 12 ½ BOX FWD; LUNGE SD, REC; ½ BOX BK, LUNGE SD, REC;

- 9 [1/2 Box Fwd] Fwd L, sd R, cl L to R;
 10 [Lunge Sd, Rec] Lunge sd R, rec l,-;
 11 [1/2 box Bk] Bk R, sd L, cl R to L;
 12 [Lunge Sd, Rec] Lunge sd L, rec R to CP,-;

13 – 16 TWISTY BAL L & R;; CANTER 2X;;

- 13 – 14 [Twisty Balance] Sd L, with slight rise, XRIB, rec L; Sd R, with slight rise XLIB, rec R (Sd R, with slight rise XLIF, rec R; Sd L, with slight rise, XRIF, rec L;) to end in BFLY;
 15 – 16 [Canter 2X] Sd L, draw R to L, cl R; Sd L, draw R to L, cl R;

REPEAT A**PART C****1 - - 4 INTERRUPTED BOX;;;;**

- 1 – 4 [Interrupted Box] Fwd L, sd R, cl L to R; bk R with slight RF upper body rotation & raising ld hnds, sd L leading W to begin curving RF under joined ld hnds, cl R to L; Fwd L, sd R, cl L to R; Bk R, sd L, cl R to L (Bk R, sd L, cl R to L; fwd L with slight RF upper body rotation, curve fwd R commencing full RF circle under joined ld hnds, curve fwd L; curve fwd R, curve fwd L, curve fwd R completing full RF circle to BFLY; fwd L, sd R, cl L to R;) to BFLY;

5 - - 8 TWIRL VINE 3; FWD WALTZ; CIRCLE AWAY & TOG;;

- 5 [Twirl Vine 3] Sd L, XRIB, sd L (Sd R commencing RF trn, fwd & sd L continue RF trn, bk & sd R to OP/LOD;) to OP/LOD;
 6 [Fwd Waltz] Fwd L, fwd & sd R, fwd L;
 7 – 8 [Circle Away & Tog] Commence RF trn fwd L, fwd R, fwd L to fc RLOD; Continue RF trn fwd R, fwd L, fwd R to CP/Wall;

9 - -12 BOX;; TWIST VINE 6;;

- 9 – 10 [Box] Fwd L, sd R, cl L to R; Bk R, Sd L, cl R to L;
 11 – 12 [Twist Vine 5] Sd L, XRIB, sd L; XRIF, sd L, XRIB (Sd R, XLIF, sd R; XLIF, sd R, XLIF, sd R;) to BFLY Wall;

13 – 16 FRONT TWISTY BAL L & R;; CANTER 2X;;

- 13 – 14 [Front Twisty Balance] Sd L, with slight rise, XRIF, rec L; Sd R, with slight rise XLIF, rec R (Sd R, with slight rise XLIB, rec R; Sd L, with slight rise, XRIB, rec L;) to end in BFLY;
 15 – 16 [Canter 2X] Sd L, draw R to L, cl R; Sd L, draw R to L, cl R;

END**1 - - 4 TWO LEFT TRNS FC WALL;; HOVER; PU, FC, CL;**

- 1 – 2 [2 Lft Trns] Fwd L commence LF trn, continue trn sd R diagonally across LOD trng LF to fc DRC, cl L to R; bk R continue LF trn, continue trn sd L to fc Wall, cl R to L (Bk R commence LF trn, continue trn sd L twd LOD fc DLW, cl R to L; fwd L continue LF trn, continue trn sd R diagonally across LOD trng LF, cl L to R;) CP/Wall;
 3 [Hover] Fwd L, fwd & sd R w/rise, rec L to SCP;
 4 [PU, Sd, Cl] Small fwd R, sd L, cl R to L (fwd L stepping in front of M trng LF to CP, sd R, cl L to R);

5 - - 8 LEFT TRNG BOX TO SCAR;;;;

- 5 – 8 [Lft Trng Box] Fwd L commence LF trn ¼, complete trn sd R, cl L to R; Bk R commence LF trn ¼, complete trn sd L, cl R to L; Fwd L commence LF trn ¼, complete trn sd R, cl L to R; Bk R commence LF trn ¼, complete trn sd L, cl R to L blending to SCAR/DLW;

9 – 12 THREE PROG TWINKLES;;; FWD, FC, CL;

- 9 – 11 [Prog Twinkles] XLIF trng slightly LF to momentary CP, sd R continue LF trn to BJO, cl L to R; XRIF trng slight Rf to momentary CP, sd L continue RF trn to SCAR, cl R to L; XLIF trng slightly LF to momentary CP, sd R continue LF trn to BJO, cl L to R;
 12 [Fwd, Fc, Cl] Fwd R commencing RF trn, sd & fwd L to fc ptr & wall, cl R to L;

13 –16 TWISTY BAL L & R;; CANTER; APT, PT;

13 – 14 [Twisty Balance] Sd L, with slight rise, XRIB, rec L; Sd R, with slight rise XLIB, rec R (Sd R, with slight rise XLIF, rec R; Sd L, with slight rise, XRIF, rec L;) to end in BFLY;

15 [Canter] Sd L, draw R to L, cl R; Apt L, pt R;

QUICK CUES

The Last Word

(Phase II + 2 – Waltz)

(Hover, Interrupted Box)

(Weiss)

Intro DLW Wait Lead Notes & Two Meas;; Apt, Pt; PU CP/LOD, Tch;

A 2 Lft Trns Fc Wall;; Hover; PU, Sd, Cl;
Lft Trng Box to SCAR;;;;
3 Prog Twinkles;;; Fwd, Sd, Cl;
Twisty Bal L & R;; Canter 2X;;

B Waltz Away; Trn in Fc Rev; Bk Waltz; Bk Draw, Tch;
Thru Twinkle; Manuv; 2 Rt Trns Fc Wall;;
½ Box Fwd; Lunge Sd, Rec; ½ Box Bk; Lunge Sd, Rec;
Twisty Bal L & R;; Canter 1X; Wk, PU, Tch;

A 2 Lft Trns Fc Wall;; Hover; PU, Sd, Cl;
Lft Trng Box to SCAR;;;;
3 Prog Twinkles;;; Fwd, Sd, Cl;
Twisty Bal L & R;; Canter 2X;;

C Interrupted Box;;;;
Twirl Vine 3; Fwd Waltz; Circle Away & Tog;;
Box;; Twist Vine 6;;
Front Twisty Bal L & R;; Canter 1X; Wk, PU, Tch;

End 2 Lft Trns Fc Wall;; Hover; PU, Sd, Cl;
Lft Trng Box to SCAR;;;;
3 Prog Twinkles;;; Fwd, Sd, Cl;
Twisty Bal L & R;; Canter 1X; Stp Apt;;