

Your Last Day

Choreographers: Guyton Mundy (guyton@funk-n-line.com)
& Niels Poulsen (niels@love-to-dance.dk)

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Type of dance: 48 counts, 4 walls.
Level: Int/adv
Music: **If today was your last day** by Nickelback. Track length: 4.09 mins. BPM: 92 bpm. On album 'Dark Horse'. Buy on iTunes, etc.
Intro: Start after 8 counts on first clear beat in music (4 secs into track). Weight on L. Start facing 10:30!
2 restarts: On wall 5 and 7. See detailed explanation at bottom of page

| Counts | Footwork | End facing |
|--------------------|---|------------|
| 1 – 8 | Diagonal rock, R back lock step, turn 5/8 L, behind side cross rock, ¼ L fwd | |
| 1 – 2 | Rock fw on R (1), recover back on L (2) | 10:30 |
| 3&4&5 | Step back on R (3), lock L in front of R (&), step back on R (4), turn 3/8 L stepping fw on L (&), turn ¼ L stepping R to R side and sweeping L out to L side (5) | 3:00 |
| 6&7&8 | Cross L behind R (6), step R to R side (&), cross rock L over R (7), recover back on R (&) | 3:00 |
| 8 | Turn ¼ L stepping fw on L (8) | 12:00 |
| 9 – 17 | L spiral turn, walk L R, L mambo step fwd, & toe touches L R L, ¼ L with R point | |
| 1 – 3 | Step fw on R and turn a sharp full spiral turn L on R (1), walk fw L (2), walk fw R (3) | 12:00 |
| 4&5 | Rock fw on L (4), recover back on R (&), step back on L sweeping R out to R side (5) | 12:00 |
| 6&7 | Step back on R (&), touch L foot fwd (6), step back on L (&), touch R foot fwd (7) | 12:00 |
| 8&8&1 | Step back on R (&), touch L foot fwd (8), turn ¼ L stepping L to L side (&), point R to R side (1) – <i>Optional styling for counts 6&7&8: do battucadas putting pressure on each of the touches fwd!</i> | 9:00 |
| 18 – 24 | ½ R sweep, L jazz box, cross, L side rock, behind turn | |
| 2 – 3 | Turn ¼ R stepping fwd on R starting to sweep L fwd (2), finish sweep fwd turning ¼ R on R (3) | 3:00 |
| 4&5 | Cross L over R (4), step back on R (&), step L to L side (5) | 3:00 |
| 6 | Cross R over L (6) | 3:00 |
| 7&8&8 | Rock L to L side (7), recover on R (&), cross L behind R (8), turn ¼ R stepping fw on R (&) <i>* 1st restart here on wall 5 – see description at bottom of page</i> | 6:00 |
| 25 – 32 | Fwd L, ½ rumba box, back lock step back lock, R back rock, step turn turn | |
| 1 | Step fw on L (1) | 6:00 |
| 2&3 | Step R to R side (2), step L next to R (&), step back on R (&) | 6:00 |
| 4&5&6 | Step back on L (4), lock R over L (&), step back on L (5), step back on R (&), lock L over R (6) | 6:00 |
| 7 | Rock back on R (&), recover fwd to L foot (7) | 6:00 |
| 8&8 | Step fwd on R (&), turn ½ L stepping fwd on L (8), turn ½ L stepping back on R (&) * 2 nd restart here on wall 7 – see description at bottom of page | 6:00 |
| 33 – 41 | L back rock, ¼ R side step, reverse ½ box, diagonal R back lock step | |
| 1 – 3 | Rock L back opening body to L side (1), recover fwd on R (2), turn ¼ R stepping L to L side (3) | 9:00 |
| 4&5 | Turn 1/8 R stepping back on R (4), step back on L (&), turn 1/8 R stepping R to R side (5) | 12:00 |
| 6&7 | Turn 1/8 R stepping fwd on L (6), step fwd on R (&), turn 1/8 R stepping L to L side (7) | 3:00 |
| 8&1 | Turn 1/8 R stepping back on R (8), lock L in front of R (&), step back on R (1) | 4:30 |
| 42 – 48 | L back rock, step turn turn with R sweep, behind, side with 1/8 L, diagonal R step lock | |
| 2 – 3 | Rock back on L (2), recover fwd on R (3) | 4:30 |
| 4&5 | Step L fwd (4), turn ½ R stepping R fwd (&), turn ½ R stepping L back sweeping R to R side (5) | 4:30 |
| 6 – 7 | Cross R behind L (6), turn 1/8 L squaring up to your side wall stepping L to L side (7) | 3:00 |
| 8& | Turn 1/8 L stepping fwd on R (8), lock L behind R (&) | 1:30 |
| Start again | | |
| 1 restart | 1 st restart happens on wall 5 (your home wall), restart after 24 counts. However, change steps 7&8& to 7–8& and do this: Rock L to L side (7), rock R to R side (8), recover weight to L turning 1/8 L (&). You're now facing 1:30 | 1:30 |
| 2 restart | 2 nd restart happens on wall 7 (your back wall), after 32 counts. Do the R back rock up (&7) of your 4 th section. Then, don't do the full turn but add a R step lock step fw into the L diagonal on counts 8&1. You're now facing 10:30 (your home wall) | 10:30 |
| Ending | To end at 12:00: Do up to count 46 of your 8 th wall (your home wall). You're facing the 3:00 wall. Now turn 3/8 L stepping L fwd and finish the dance with a R step lock step fwd on 8&1. ☺ | 12:00 |