

After Shock

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Stephen Sunter (UK)

Musik: 2 Times (Original Radio Edit) - Ann Lee



HEELS IN, OUT, CROSS STEP, KICK, CROSS STEP, HEELS IN, OUT, KICK, CROSS STEP, KICK
Start with feet slightly apart and right slightly forward. You should travel slightly forward on the first eight counts

- 1&2 Twist both heels in, heels back in place (end with weight on right), cross step left over right
- 3-4 Kick right diagonally forward, cross step right over left
- 5&6 Twist heels together, heels back in place (end with weight on right), kick left diagonally forward
- 7-8 Cross step left over right, kick right diagonally forward

TOUCH, FULL TURN, STEP, STEP, HIP GRIND, CHARLESTON

- 1-2 Touch right toe across and next to left, full turn left on ball of left foot pushing round using right
- 3-4 Step right, step left next to right
- 5-6 Hip grind left over 2 counts
- &7 Split heels, move right back has heels are brought back together
- &8 Split heels, move left back has heels are brought back together

End with weight on left foot

HEEL & HEEL, SIDE, BEHIND, SIDE, FRONT, LARGE STEP RIGHT, STEP LEFT, STEP RIGHT, LEFT ½ PIVOT

- &1&2& Hitch right, touch right heel forward, hitch right, touch right heel forward, hitch right
- 3 Push right out to right side

Counts &4&5 you should only move the leg from the knee down. Top part of leg should still be on a diagonally

- &4 Swing right leg behind left, swing right out to side
- &5 Swing right in front of left, swing right out to right making a large step right
- 6&7 Slide left next to right, step left next to right, step forward right
- 8 Pivot ½ left

HEEL & HEEL, SIDE, BEHIND, SIDE, FRONT, LARGE STEP RIGHT, STEP LEFT, STEP RIGHT, LEFT ½ PIVOT

- &1&2& Hitch right, touch right heel forward, hitch right, touch right heel forward, hitch right
- 3 Push right out to right side

On counts &4&5, you should only move the leg from the knee down. Top part of leg should still be on a diagonally

- &4 Swing right leg behind left, swing right out to side
- &5 Swing right in front of left, swing right out to right making a large step right
- 6&7 Slide left next to right, step left next to right, step forward right
- 8 Pivot ½ left

STEP FORWARD, HEEL FORWARD, HEEL GRIND, SAILOR, BEHIND, SIDE, FORWARD

- 1-2 Step forward right, place left heel forward toes turned inward
- 3&4 Grind heel toes turned outward, turn toes inward, turn toes outward
- 5&6 Step left behind right, right step to right side, step left
- 7&8 Step right behind left, step left to left, step forward right

ROCK FORWARD, LEFT ½ SHUFFLE, STEP FORWARD, ½ PIVOT LEFT, RUN RIGHT, LEFT HEEL

- 1-2 Rock forward left, replace weight to right

- 3&4 ½ turn left stepping left, right, left
5-6 Step forward right, ½ pivot left
7&8 Step forward right, step forward left, place right heel forward toes turned inward

HEEL GRIND, SAILOR, BEHIND, SIDE, FORWARD, STEP, ½ PIVOT

- 1&2 Grind heel toes turned outward, turn toes inward, turn toes outward
3&4 Step right behind left, left step to left side, step right
5&6 Step left behind right, step right to right, step forward left
7-8 Step right forward, pivot ½ left

WALK RIGHT, LEFT, PUSH & STEP BACK, LOCK LEFT, 1 ¼ TURN RIGHT, STEP LEFT, STEP RIGHT

- 1-2 Step forward right, step forward
3&4 Push forward on right toes, replace weight to left, large step back on right
5 Lock left across right, toes touching to right of right foot
6 On ball of right and pushing of left make a 1 ¼ turn right, (keep weight on ball of right foot)
7-8 Step forward left, step right next to left, slightly forward & back into start position

REPEAT
