

# Living on the Afterglow

Count: 32

Wall: 4

Level: Improver

Choreographer: Brain Phillipp Grunwald (DE) - August 2024

Music: Afterglow - Sunrise Avenue



**#Intro: 16 Counts, Dance starts after the chorus with "You left your ghost..."**

## Dorothy, Step – Touch, 1 ½ R, closing touch

- 1 – 2 & Step right fwd. - Hold and Crossing left behind right – Step right fwd. (slightly oblique)  
3 – 4 Step left fwd. - Touching right toe next to left  
5 – 7 ½ turn right with right step fwd. - ½ turn right with left step back – ½ turn right with right step fwd.  
8 Pull the left to the right by gently grinding and end with a touch, the weight is on the right

## Rock Step, Coaster Step, Kick Forward r, Cross r, Jumping Back Rock left, Kick Forward l, Cross l, Jumping Back Rock right

- 1 – 2 Step left fwd. - weight back on right  
3 & 4 Coaster Step beginning with left (left-right-left)  
**(Jumping)**  
5 & 6 & Kick right foot fwd. - cross right foot in front of left and lift left foot slightly - Jump left foot backwards and kick right foot fwd. - weight back on right foot  
**(Jumping)**  
7 & 8 & Kick left foot fwd. - cross left foot in front of right and lift right foot slightly - Jump right foot backwards and kick left foot fwd. - return weight to left foot

## Rock Step, ¼ Sailor turn R, Shuffle, Full turn with 2 Steps

- 1 – 2 Step right fwd. - weight back on left  
3 & 4 ¼ turn right - Cross right behind left - Step smaller to left - Small step fwd. With right  
5 & 6 Step left fwd. - Close right next to left – Step left fwd.  
7 – 8 ½ turn left and step back with right – ½ turn left and step fwd. with left

## Slide, Back Rock, Slide Back Rock, Mambo Step, Rock Step with full turn

- 1 – 2 & Slide aside to the right – Cross left behind right and turn weight back on right  
3 – 4 & Slide aside to the left – Cross right behind left and turn weight back on left  
5 & 6 Step RF fwd. - weight back on LF – Step RF back  
7 & 8 ½ turn left with step fwd. (LF) - weight back on LF – ½ turn left with step fwd. (LF)

**Tag 1 (8 Counts): Finishing the 3rd wall and repeat the last 8 Counts! (3 'o clock)**

**Tag 2 (8 Counts): Finishing the 7th wall and doing the following (3 'o clock):**

- 1 – 2 & Slide aside to the right – Cross left behind right and turn weight back on right  
3 – 4 & Slide aside to the left – Cross right behind left and turn weight back on left  
5 & 6 & Rock fwd. (RF) - weight back on left – Rock back (RF) - weight back on left  
7 - 8 Step RF fwd. - rising right hand slowly into the air

**Please have fun with this dance and enjoy this nice song that describes something that can happen to anyone in life.**

**Thank you by dancing my Dances!**