

# Af En Af (My Heart) AB

**COPPER**KNOB  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner

**Chorégraphe:** Annemaree Sleeth (AUS) - September 2023

**Musique:** Af en Af - Kurt Darren



Written For Dancers At Sherbrooke U3a

Approximately 16 Beats In

## S 1 (1 – 8) TOE STRUTS, OUT, OUT, IN, IN

- 1-2 Touch Right Toe Forward, Drop Right Heel
- 3-4 Touch Left Toe Forward, Drop Left Heel
- 5-6 Step Right Out Side, Step Left Out To The Side ( Feet Are Apart)
- 7-8 Step Right In, Step Left Beside Right

## S2 (9 – 16 ) TOE STRUTS, VINE, TOUCH

- 1-2 Touch Right Toe Forward, Drop Right Heel
- 3-4 Touch Left Toe Forward, Drop Left Heel
- 5-6 Step Right Side, Cross Left Slightly Behind Right
- 7-8 Step Right Side, Touch Left Beside Right

## S 3 (17– 24) SIDE, TOUCHES, VINE ¼ LEFT, TOUCH

- 1-2 Step Left Side, Touch Right Beside Left
- 3-4 Step Right Side, Touch Left Beside Right
- 5-6 Step Left Side, Cross Right Slightly Behind Left
- 7-8 Turn ¼ Left Step Left Forward, Touch Right Beside Left 9.00

## S 4 (25 – 32) PRISSY FORWARD, PRISSYS BACK

- 1-2 Cross Right Slightly Over Left, Hold
- 3-4 Cross Left Slightly Over Right
- 5-6 Step Right Back, Hold
- 7-8 Step Left Back, Hold Can touch On The Last Hold or Lift Into the Toe Strut

Last wall faces 9.00 DANCE UP TO COUNTS 24  
THEN STEP, ½ PIVOT TO FACE FRONT WALL

I have made some fun walls on different walls to use lots of actions and arm movements

Begin Again

Watch The Video On Annemaree Sleeth Youtube  
Email- [Inlinedancing@Gmail.Com](mailto:Inlinedancing@Gmail.Com)

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