

The Afterlife

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Afterlife - Ingrid Michaelson : (Album: Lights Out)



#16 Count Intro'

Section 1- Walk Forward, Lock Step Forward, Diagonal Forward Rock, Weave.

1-2 Step forward on left, step forward on right.
3&4 Step forward on left, lock right behind left, step forward on left.
5-6 Rock right forward towards right corner, recover weight onto left.
7&8 Cross right behind left, step left to left side, cross right over left.

Section 2 – Side Step, Cross Behind, Hold, Toe Touches, ¼ Turn Right, Toe Touch, Sailor Step.

&1 Step left to left side, cross right behind left.
2 Hold.
&3 Close left beside right, touch right toe forward and slightly across left.
&4 Close right beside left, touch left toe forward and slightly across right.
&5 Close left beside right, touch right toe forward.
&6 Make a quarter turn right stepping right to right side, touch left toe to left side.
7&8 Cross left behind right, step right to right side (taking weight), replace weight onto left.

Section 3 – Cross Behind, Side Step, Crossing Shuffle, Side Rock, Weave.

1-2 Cross right behind left, step left to left side.
3&4 Cross right over left, step left to left side, cross right over left.
5-6 Rock left to left side, recover weight onto right.
7&8 Cross left behind right, step right to right side, cross left over right.

Section 4 – Ball Cross, ¼ Turn Left, ½ Turn Left, Kick, Step Back Toe Touch, Step Forward, Hip Bumps.

&1 Step right to right side, cross left over right.
2-3 Make a quarter turn left stepping back on right, make a half turn left stepping forward on left.
4 Kick right forward.
&5 Step back on right, touch left toe across right.
6 Step forward on left.
7&8 Touching right toe forward bump hips right, bump hips left, bump hips right (taking weight onto right).

Section 5 - Rock Forward, Triple Full Turn Left, Forward Rock, Close, Walk Back.

1-2 Rock forward on left, recover weight onto right.
3&4 Make a full turn left stepping on left, right, left.
Option: □ For Dancers Not Wishing To Turn Replace Counts 3&4 With A Left Coaster Step.
5-6 Rock forward on right, recover weight onto left.
&7 Close right beside left, step back on left.
8 Step back on right.

Section 6 – Sailor ¼ Turn Left, Crossing Shuffle, Side Rock, Cross Behind, ¼ Turn Right, Step Forward, Lock.

1&2 Cross left behind right, make a quarter turn left stepping right to right side (taking weight), replace weight onto left.
3&4 Cross right over left, step left to left side, cross right over left.
5-6 Rock left to left side, recover weight onto right.
7& Cross left behind right, make a quarter turn right stepping forward on right.
8& Step forward on left, lock right behind left.

Choreographers Note: Part way through the track (2.40 approx) the beat of the music disappears and you may feel like you want to slow down, however, carry on at the same tempo as you have been throughout and the beat will kick back in. At this point you should be starting Section 3 (Cross Behind, Side, Crossing Shuffle).

Enjoy!

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