

After You

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Judy Rodgers (USA) - February 2020
音乐: After You (Radio Mix) - Beverley Knight : (Album: Music City Soul - Amazon)



#40 count intro - 1 tag

S1: Side together, turn 1/8 L shuffle, rock recover, turn 1/2 R shuffle

1-2 Step L to left side, step R beside L
3&4 Turn 1/8 left step L fwd, step R beside L, step L fwd 10:30
5-6 Rock R fwd, recover L
7&8 Turn 1/2 right step R fwd, step L beside R, step R fwd 4:30

S2: Side rock recover, cross turn 1/8 L back, back turn 1/4 L, touch/roll fwd & back

1-2 Rock L to left side, recover
3&4 Cross L over R, turn 1/8 left step R back, step L back 3:00
5-6 Step R back, turn 1/4 step L to left side 12:00
7-8 Touch/step R fwd rolling hips fwd, recover rolling hips back (in place..like a rock recover)

S3: Shuffle, cross turn 1/4 L, step lock step, rock recover

1-2 Shuffle fwd R L R
3-4 Cross L over R, turn 1/4 left step R back 9:00
5&6 Step back L, step/lock R over L, step back L
7-8 Rock R back, recover L

S4: Step turn 1/2 R, turn 1/4 R point, rock recover & rock recover

1-2 Step R fwd, turn 1/2 right step L back 3:00
3-4 Turn 1/4 right step R to right side, point L to left side 6:00
5-6& Rock L over R, recover R, step L to left side
7-8& Rock R over L, recover L, step R to right side

S5: Step turn 1/2 L, sweep sailor step, shuffle, step turn 1/4 R

1-2 Step L fwd, turn 1/2 left step R back 12:00
3&4 Sweep L from front to back step L behind R, step R to right side, step L to left side
5&6 Shuffle fwd R L R
7-8 Step L fwd, turn 1/4 right step R fwd 3:00

S6: Cross, side, behind, turn 1/4 R, mambo step, coaster cross

1-2 Cross L over R, step R to right side
3-4 Step L behind R, turn 1/4 right step R fwd 6:00
5&6 Rock L fwd, recover R, step L slightly back
7&8 Step R back, step L beside R, cross R over L

TAG: At the end of Wall 2 (facing 12:00), add the following 8 counts:

Step, touch, step, touch, sway sway sway sway

1-4 Step L to left, touch R, step R to right side, touch L
5-8 Step/sway L R L R