

After Me?

拍数: 32 墙数: 2 级数: Improver
编舞者: Angels Guix (ES) & Enric Nonell (ES) - June 2024
音乐: After Me? - Kashus Culpepper : (Single)



Note: 16 counts introduction.

One Re-start at the fourth repetition

[1-8] Walk, walk, 1/4 turn right, behind side cross, shuffle left, 1/4 turn and coaster step

1,2 Step RF forward, step LF forward and 1/4 turn right (3:00)
3&4 Step RF behind LF, step LF to left, cross RF over LF
5&6 Step LF to left, step RF together, step LF to left and 1/4 turn right (6:00)
7&8 Step RF backward, step LF together, step RF forward

[9-16] Walk, walk, out-out-in-in, point forward, point backward, step forward, 1/2 turn right

1,2 Step LF forward, step RF forward
&3&4 step on ball of LF to left, step on ball of RF to right, step LF to center, step RF together
5,6 Point LF forward, point LF backward
7 Step LF forward
8 1/2 turn right on LF (12:00)

[17-24] Sweep and step backward, sweep and step backward, coaster step, step diagonally forward, lock step, step lock step diagonally forward

1 Sweep RF from forward to backward and step backward
2 Sweep LF from forward to backward and step backward
3&4 Step RF backward, step LF together, step RF forward
5,6 Step LF diagonally forward, lock RF behind LF (10:30)
7&8 Step LF diagonally forward, lock RF behind LF, step LF forward to left diagonal (10:30)

[25-32] Pivot 1/8, pivot 1/4, rock step together, anchor step

1,2 Step RF forward, 1/8 pivot left and step on LF (9:00)
3,4 Step RF forward, 1/4 pivot left and step on LF (6:00)
5&6 Rock RF forward, recover on LF, step RF together
7&8 Rock LF backward, recover on RF, step LF slightly forward

Start again

The re-start at the 4th repetition

The 4th repetition coincides with a 16-count instrumental part.

Dance until 16th count adding a hook of RF over LF at the time of ending the 1/2 turn right, the re-start the dance.

Last Update: 5 Jul 2024