

After All

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Lesley Miller (UK) - January 2017
音樂: Human - Rag'n'Bone Man : (iTunes)



Section 1: □ Weave, Night Club Basic

1 & 2 & Step RF to R side, LF behind R, RF to R side, LF over R,
3 4 & Long step RF to R side, Hold, rock back on LF, replace RF

Section 2: □ Weave, Night Club Basic

5 & 6 & Step LF to L side, RF behind L, LF to L side, RF over L,
7 8 & Long step LF to L side, Hold, rock back on RF, replace LF

Section 3: □ Toe, Heel, Step & hold x2

1 & 2 & Touch Toe of RF at the back, Scuff R Heel forward, step RF, hold
3 & 4 & Touch Toe of LF at the back, Scuff L Heel forward, step LF, hold

Section 4: □ Rocking chair RF, step ¼ turn L, stamp R, L in place

5 & 6 & Rock RF forward, replace LF, Rock RF backwards, Replace LF
7 & 8 & Step forward onto RF, ¼ turn pivot to L, Stamp RF to L, Stamp LF in place

Section 5: □ Step Tap forward x4

1&2&3&4& Step forward RF, Tap L to R, Step forward LF, Tap R to L, Step forward RF, Tap L to R, Step forward LF, Tap R to L (slight skating action)

Section 6: □ Taps to side 2 to R 2 to L

5&6&7&8& Tap R to R side, Tap R together, Tap R to R side, Step RF together (sliding action) Tap L to L side, Tap L together, Tap L to L side, Step LF together (sliding action)

Section 7: □ Step Tap backward x4

1&2&3&4& Step backward RF, Tap L to R, Step backward LF, Tap R to L, Step backward RF, Tap L to R, Step backward LF, Tap R to L (slight skating action)

Section 8: □ Taps to side 2 to R 2 to L

5&6&7&8& Tap R to R side, Tap R together, Tap R to R side, Step RF together (sliding action) Tap L to L side, Tap L together, Tap L to L side, Step LF together (sliding action)

Note Tag at the end of wall 6 facing the back – Repeat Section 8.