

The Afterbeat

拍數: 64 牆數: 0 級數: Phrased Intermediate
編舞者: Lynne Martino (USA) - March 2019
音樂: The Afterbeat (Radio Edit) - Freakpower : (Album: Puttin' on the Ritz: A Tribute to Fred Astaire)



Phrased – A,B,A(16),A,B,A,B(24),B,A
Start after 32 hard beats

PART A(32)

[1-8] CHARLESTON, HEEL TAPS, BEHIND, SIDE, CROSS

1-4 Touch R toe forward (1), step R back next to L (2). Touch L back (3), Step L forward next to R (4)
5,6 Tap R foot down twice (5,6) pushing hands down at the same time
7&8 Step R behind L (7), step L to left (&), cross R over L (8)

[9-16] TOE STRUTS, ROCK & CROSS, STEP, BALL STEP, HIPS

1&2& Step on L toe (1), bring L heel down (&), step on R toe (2), bring R heel down (&)
3&4 Rock L to left (3), recover on R (&), cross L over R (4)
5&6 Take a long step to the right with R (5), step on ball of L next to R (&), Step R to right (6)
7&8 Bring weight down onto L and roll hips R, back, L (7&8)

RESTART – 3:00 Wall 2

[17-24] SHUFFLE, ½ CHASE TURN, ROCK & STEP 2x

1&2 Shuffle forward R,L,R (1&2),
3&4 Step L forward (3), making ½ turn right step R forward (&), step L forward (4)
5&6 Rock R to right (5), recover on L (&), step R forward (6)
7&8 Rock L to left (7), recover on R (&), step L forward (8)

[25-32] ROCK, RECOVER, ½ SHUFFLE, STEP, PIVOT ¼, CROSS, OUT, OUT

1,2 Rock R forward (1), recover on L (2)
3&4 Turning ½ turn right, shuffle forward R,L,R (3&4)
5,6 Step L forward (5), pivot ¼ right placing weight on R foot (6)
7&8 Cross L over R(7), step R out to right (&), step L out to left (8)

PART B(32)

[1-8] 2 ROCKS, COASTER STEP, STEP, ¼ PIVOT, CROSS, RECOVER, TOUCH

1,2 Rock R forward (1), rock L back (2)**
3&4 Step R back (3), step L next to R (&), step R forward (4)
5,6 Step L forward (5), pivot ¼ turn right placing weight on R (6)
7&8 Cross L over R (7), recover on R (&), touch L next to R (8)

****Styling of arms: bring arms out in front of body, as you rock forward on R, then bring them back towards your body as you rock back on your left.**

[9-16] 2 ROCKS, COASTER STEP, STEP, ¼ PIVOT, CROSS, RECOVER, TOUCH

1,2 Rock L forward (1), rock R back (2)** Same styling as above
3&4 Step L back (4), step R next to L (&), step L forward (4)
5,6 Step R forward (5), pivot ¼ turn left placing weight on L (6)
7&8 Cross R over L (7), recover on L (&), touch R next to L (8)

[17-24] CROSS HEEL GRIND, RECOVER, STEP, STEP, CROSS HEEL GRIND, RECOVER, STEP, RIGHT & LEFT

- 1&2& Cross R in front of L grinding R heel left to right (1), recover on L (&), step R to right (2), step on L (&)
- 3&4 Cross R in front of L grinding R heel left to right (3), recover on L (&), step on R (4)
- 5&6& Cross L in front of R grinding L heel right to left (5), recover on R (&), step L to left (6), step on R (&)
- 7&8 Cross L in front of R grinding L heel right to left (7), recover on R (&), step on L (8)

RESTART AT 9:00 the first time you dance B

[25-32] ROCK, RECOVER, 1/2 SHUFFLE, STEP, ½ PIVOT, RUNS

- 1,2 Rock R forward (1), recover on L (2)
- 3&4 Making ½ turn right, shuffle forward R,L,R (3&4)
- 5,6 Step L forward (5), pivot ½ turn placing weight forward on R (6)
- 7&8 Run forward L,R,L (7&8)

End of Dance: at last count of 8 for A, dance up to count 5(step forward on L) and then make A ¼ turn right and jump in place with both feet out. This will bring you to the front.

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