# Afterglow AB

**拍數:** 32 **牆數:** 2 **級數:** Absolute Beginner
**編舞者:** Judy Worth (CAN) - May 2021
**音樂:** Afterglow - Ed Sheeran

**Intro: 32 Counts (Start after the first verse on the word "Saturday")**

**[01 - 08]: Step RF Forward, Touch LF Behind, Step LF In Place, Touch R Heel Forward, R Coaster, LF Step Forward**

| | |
|---|---|
| 1 - 2 | Step RF forward, touch L toes behind R heel |
| 3 - 4 | Step LF down in place, tap R heel forward |
| 5 - 7 | Step RF foot back, step LF beside RF, step RF forward |
| 8 | Step LF forward |

**[9 - 16]: R Side Rock, L Recover, Cross RF, Hold, L Side Rock, R Recover, Cross LF, Hold**

| | |
|---|---|
| 1-2 | Rock R side on RF, recover onto LF |
| 3-4 | Cross step RF over LF, hold |
| 5-6 | Rock L side on LF, recover onto R |
| 7-8 | Cross step LF over RF, hold |

**[17 - 24]: 2 x 1/8 L Pivot Turns, R Rocking Chair**

| | |
|---|---|
| 1 - 2 | Step RF forward, 1/8 turn L (weight to LF) |
| 3 - 4 | Step RF forward, 1/8 turn L (weight to LF) (9:00) |
| 5 - 6 | Rock RF forward, recover onto LF |
| 7 - 8 | Rock RF back, recover onto LF |

**[25 - 32]: 2 x 1/8 L Pivot Turns, R Rocking Chair (Repeat of Section 3)**

| | |
|---|---|
| 1 - 2 | Step RF forward, 1/8 turn L (weight to LF) |
| 3 - 4 | Step RF forward, 1/8 turn L (weight to LF) (6:00) |
| 5 - 6 | Rock RF forward, recover onto LF |
| 7 - 8 | Rock RF back, recover onto LF |

**( Option: Roll your hips on the 1/8 turns )**

**End of dance.**

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