

After a Few

拍數: 48 牆數: 4 級數: High Improver
編舞者: Sheila Kenny (USA) - November 2023
音樂: After a Few - Travis Denning



#18 ct Intro. 2 Tags, 2 Restarts, 1 Phrase Break

Sec. 1 Lindy x 2

1&2, 3,4 Step RF to right side, Step LF next to RF, Step RF to side, Rock back on LF, Recover on RF
5&6, 7,8 Step LF to left side, Step RF next to LF, Step LF to side, Rock back on RF, Recover on LF

Sec. 2 Forward Shuffle X 2, ½ Pivot turn X 2

1&2 Step forward on RF, Step LF next to RF, Step RF forward
3&4 Step forward on LF, Step RF next to LF, Step LF forward
5,6 Step RF forward, Pivot ½ turn to left, Recover weight on LF (6:00)
7,8 Step RF forward, Pivot ½ turn to left, Recover weight on LF (12:00)

Tag: Wall 3 (6:00), Restart After Tag, Tag Wall 5 (12:00) then Phrase Break = Repeat Sec 5 &6, Restart

Sec. 3 Lindy X 2

1&2, 3,4 Step RF to right side, Step LF next to RF, Step RF to side, Rock back on LF, Recover on RF
5&6, 7,8 Step LF to left side, Step RF next to LF, Step LF to side, Rock back on RF, Recover on LF

Sec. 4 Rock, Recover, Coaster, ¼ Turn

1,2 Rock forward on RF, Rock back on LF
3&4 Step back on RF, Step LF next to RF, Step forward on RF
5,6 Rock forward on LF, Rock back on RF
7,8 Turn ¼ left stepping forward on LF (9:00), Touch right toe next to LF

Sec. 5 Side Rock, Behind Side Cross X 2

1,2 Step RF to side (pushing right hip out), Recover weight on LF
3&4 Step RF behind LF, Step LF to left side, Cross RF over LF
5,6 Step LF to left side (pushing left hip out), Recover weight on RF
7&8 Step LF behind RF, Step RF to right side, Cross LF over RF

Sec. 6 Diagonal Shuffles with Hip Bumps, Walk Back with Hip Sways

1&2 Step RF forward leading with right hip (10:00), Step LF next to RF shifting left hip back, Step RF forward leading with right hip
3&4 Step LF forward leading with left hip (8:00), Step RF next to LF shifting right hip back, Step LF forward leading with left hip
5-8 Walk back R,L,R,L with exaggerated hip sways

Tag: 4 ct Side Touch x 2

1,2 Step RF to right side, Touch left toe next to RF
3,4 Step LF to left side, Touch right toe next to LF

Sheilaknn1@gmail.com
Linedance South Dakota