

AB After Hours

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Sue Korek (USA) - September 2024
音樂: After Hours - Kehlani



Alternate Music:

Kiss on My List (Daryl Hall & John Oates—1980) bpm=124, Intro: 32 counts

No tags or restarts

Introduction: 32 counts

Begin with weight on left (L) foot

SECTION 1 (V-STEP, HIP BUMPS 2R, 2L)

1-2 Step R diagonally right, step L diagonally left
3-4 Step R right back, step L back
5-6 Bump R hip twice to right
7-8 Bump L hip twice to left

SECTION 2 (V-STEP, ROCKING CHAIR)

1-2 Step R diagonally right, step L diagonally left
3-4 Step R right back, step L back
5-6 Rock R forward, recover on L
7-8 Rock R backward, recover on L

SECTION 3 (MONTANA/CHARLESTON, PIVOT ¼ TURN LEFT)

1-2 Step R forward, kick L forward
3-4 Recover L, touch R back
5-6 Step R forward, pivot L ¼ turn left
7-8 Step R beside L, step L beside R

SECTION 4 (WALK FORWARD, BACKWARD, WITH TOUCHES)

1-2 Walk R forward, walk L forward
3-4 Walk R forward, touch L beside R
5-6 Walk L backward, walk R backward
7-8 Walk L backward, touch R beside L

This dance provides another good mix of AB steps!

Please consider creating a Teach or Demo video.

Contact: suekorek@gmail.com

Last Update: 28 Sep 2024
