

# After Shock

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Stephen Sunter (UK)  
音樂: 2 Times (Original Radio Edit) - Ann Lee



**HEELS IN, OUT, CROSS STEP, KICK, CROSS STEP, HEELS IN, OUT, KICK, CROSS STEP, KICK**  
Start with feet slightly apart and right slightly forward. You should travel slightly forward on the first eight counts

- 1&2      Twist both heels in, heels back in place (end with weight on right), cross step left over right
- 3-4      Kick right diagonally forward, cross step right over left
- 5&6      Twist heels together, heels back in place (end with weight on right), kick left diagonally forward
- 7-8      Cross step left over right, kick right diagonally forward

**TOUCH, FULL TURN, STEP, STEP, HIP GRIND, CHARLESTON**

- 1-2      Touch right toe across and next to left, full turn left on ball of left foot pushing round using right
- 3-4      Step right, step left next to right
- 5-6      Hip grind left over 2 counts
- &7      Split heels, move right back has heels are brought back together
- &8      Split heels, move left back has heels are brought back together

**End with weight on left foot**

**HEEL & HEEL, SIDE, BEHIND, SIDE, FRONT, LARGE STEP RIGHT, STEP LEFT, STEP RIGHT, LEFT ½ PIVOT**

- &1&2&      Hitch right, touch right heel forward, hitch right, touch right heel forward, hitch right
- 3      Push right out to right side

**Counts &4&5 you should only move the leg from the knee down. Top part of leg should still be on a diagonally**

- &4      Swing right leg behind left, swing right out to side
- &5      Swing right in front of left, swing right out to right making a large step right
- 6&7      Slide left next to right, step left next to right, step forward right
- 8      Pivot ½ left

**HEEL & HEEL, SIDE, BEHIND, SIDE, FRONT, LARGE STEP RIGHT, STEP LEFT, STEP RIGHT, LEFT ½ PIVOT**

- &1&2&      Hitch right, touch right heel forward, hitch right, touch right heel forward, hitch right
- 3      Push right out to right side

**On counts &4&5, you should only move the leg from the knee down. Top part of leg should still be on a diagonally**

- &4      Swing right leg behind left, swing right out to side
- &5      Swing right in front of left, swing right out to right making a large step right
- 6&7      Slide left next to right, step left next to right, step forward right
- 8      Pivot ½ left

**STEP FORWARD, HEEL FORWARD, HEEL GRIND, SAILOR, BEHIND, SIDE, FORWARD**

- 1-2      Step forward right, place left heel forward toes turned inward
- 3&4      Grind heel toes turned outward, turn toes inward, turn toes outward
- 5&6      Step left behind right, right step to right side, step left
- 7&8      Step right behind left, step left to left, step forward right

**ROCK FORWARD, LEFT ½ SHUFFLE, STEP FORWARD, ½ PIVOT LEFT, RUN RIGHT, LEFT HEEL**

- 1-2      Rock forward left, replace weight to right

3&4            ½ turn left stepping left, right, left  
5-6            Step forward right, ½ pivot left  
7&8            Step forward right, step forward left, place right heel forward toes turned inward

**HEEL GRIND, SAILOR, BEHIND, SIDE, FORWARD, STEP, ½ PIVOT**

1&2            Grind heel toes turned outward, turn toes inward, turn toes outward  
3&4            Step right behind left, left step to left side, step right  
5&6            Step left behind right, step right to right, step forward left  
7-8            Step right forward, pivot ½ left

**WALK RIGHT, LEFT, PUSH & STEP BACK, LOCK LEFT, 1 ¼ TURN RIGHT, STEP LEFT, STEP RIGHT**

1-2            Step forward right, step forward  
3&4            Push forward on right toes, replace weight to left, large step back on right  
5              Lock left across right, toes touching to right of right foot  
6              On ball of right and pushing of left make a 1 ¼ turn right, (keep weight on ball of right foot)  
7-8            Step forward left, step right next to left, slightly forward & back into start position

**REPEAT**

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