

# After You

拍數: 48      牆數: 4      級數: Intermediate  
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音樂: After You - Beverley Knight



## RIGHT FORWARD, LEFT FORWARD, ¼ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE, RIGHT FORWARD ROCK & RECOVER, ½ RIGHT TURN & RIGHT FORWARD SHUFFLE

1-3            Step right forward, step left forward, turn ¼ right (weight to right foot)  
4&5           Step left forward, step right together, step left forward  
6-7           Rock right forward, recover weight on left  
8&1           Turn ½ right and step right forward, step left together, step right forward

## LEFT FORWARD, ¼ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE, RIGHT FORWARD ROCK & RECOVER, RIGHT & LEFT BACK, TURN ¼ RIGHT & SWAY RIGHT

2-3            Step left forward, turn ¼ right (weight to right)  
4&5           Step left forward, step right together, step left forward  
6-7           Right forward rock, recover to left  
8&1           Step right foot back, step left foot back, turn ¼ right and step right to right side

### Sway to right

## SWAY LEFT & RIGHT, LEFT SAILOR STEP, RIGHT CROSS BEHIND, ¼ LEFT & STEP LEFT, RIGHT FORWARD, LEFT FORWARD ROCK & RECOVER

2-3            Sway left, sway right  
4&5           Cross left behind right, step right side, step left to left side  
6&7           Cross step right behind, turn ¼ left and step left forward, step right forward  
8-1           Rock left forward, recover weight on right

## ¼ LEFT SIDE SHUFFLE, FULL TURN LEFT, RIGHT CROSS ROCK & RECOVER, ¼ RIGHT SHUFFLE

2&3            Turn ¼ left and step left forward, step right together, step left to side  
4-5            Turn ½ left and step right to side, turn ½ left and step left to side

### Non-turning alternative: step right together, step left to left side

6-7            Cross rock right over left, recover weight on left  
8&1            Step right to side, step left together, turn ¼ right and step right forward

## LEFT FORWARD, ¼ RIGHT PIVOT TURN, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK & RECOVER, RIGHT SYNCOPATED CROSS ROCK-RECOVER-SIDE

2-3            Step left forward, turn ¼ right (weight to right)  
4&5           Cross step left over right, step right to side, cross step left over right  
6-7           Rock right side, recover weight on left  
8&1           Cross rock right over left, recover weight on left, step right to side

## LEFT CROSS ROCK & RECOVER, ¼ LEFT SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, ¼ LEFT STEP, RIGHT TO RIGHT SIDE, LEFT TOGETHER

2-3            Left cross rock, recover weight on right  
4&5           Step left to side, step right together, turn ¼ left and step left forward  
6-7           Step right forward, turn ½ left (weight to left)  
8&            Turn ¼ left and step right to side, step left together

### REPEAT

### TAG

After 2nd wall on the back

**STEP RIGHT & LEFT FORWARD, RIGHT MAMBO, STEP LEFT & RIGHT BACK, LEFT COASTER STEP**

1-4 Step right forward, step left forward, rock step right forward & recover, step right back

5-6 Step left back, step right back, rock step left back & recover, step left together

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