

After You

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
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
