

Afterglow (P)

拍數: 40 牆數: 0 級數: Partner
編舞者: Lois Lightfoot (UK)
音樂: Afterglow - The Bellamy Brothers



Position: Side By Side Position

WALK FORWARD, SHUFFLE FORWARD, CROSS ROCK, SHUFFLE ¼

1-2 Step forward onto right foot, step forward on left foot
3&4 Step right foot forward, step left ext to right, step right foot forward
5-6 Cross rock left over right foot, recover weight onto right foot

Dropping left hands & bring right hands over lady's heads

7&8 Step left foot back making a ¼ turn to left, step right to left, step left to side

CROSS ROCK, SHUFFLE ¼, WALK FORWARD, SHUFFLE FORWARD

9-10 Cross rock right over left foot, recover weight onto left foot

Bring right hands over lady's head as you turn, then rejoin into side by side

11&12 Step right to side making a ¼ turn to right, step left next to right, step right forward
13-14 Step forward on left foot, step forward on right foot
15&16 Step left forward, step right next to left, step left forward

CROSS ROCK SHUFFLE ¼, CROSS ROCK, SHUFFLE SIDE

17-18 Cross rock right over left, recover weight onto left foot
19&20 Step right back making ¼ turn to right, step left to right, step right to side
21-22 Cross rock left over right, recover weight back onto right
23&24 Step left foot to side, step right next to left, step left next to right

WEAVE LEFT, TOUCH & HOLDS

25-26 Cross right foot over left foot, step left foot to side
27-28 Cross right foot behind left foot, step left foot to side
29-30 Touch right foot forward & hold for one beat
31-32 Touch right foot to side, & hold for one beat

CROSS ROCKS, SHUFFLE ¼, PIVOT ½, SHUFFLE FORWARD

33-34 Cross rock right over left, recover weight onto left foot
35&36 Step right to side making ¼ turn to right, step left to right, step right forward

Dropping left hands bring right hands over man's & then lady's heads back onto side by side

37-38 Step left foot forward, pivot a ½ turn to right
39&40 Step left foot forward, step right to left, step left foot forward

REPEAT