

AFTER YOU

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Count: 48 **Wall:** 4 **Level:** intermediate

Choreographer: Peter Metelnick & Alison Biggs

Music: After You by Beverley Knight

RIGHT FORWARD, LEFT FORWARD, $\frac{1}{4}$ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE, RIGHT FORWARD ROCK & RECOVER, $\frac{1}{2}$ RIGHT TURN & RIGHT FORWARD SHUFFLE

- 1-3** Step right forward, step left forward, turn $\frac{1}{4}$ 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 $\frac{1}{2}$ right and step right forward, step left together, step right forward

LEFT FORWARD, $\frac{1}{4}$ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE, RIGHT FORWARD ROCK & RECOVER, RIGHT & LEFT BACK, TURN $\frac{1}{4}$ RIGHT & SWAY RIGHT

- 2-3** Step left forward, turn $\frac{1}{4}$ 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 $\frac{1}{4}$ right and step right to right side

Sway to right

SWAY LEFT & RIGHT, LEFT SAILOR STEP, RIGHT CROSS BEHIND, $\frac{1}{4}$ 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 $\frac{1}{4}$ left and step left forward, step right forward
- 8-1** Rock left forward, recover weight on right

$\frac{1}{4}$ LEFT SIDE SHUFFLE, FULL TURN LEFT, RIGHT CROSS ROCK & RECOVER, $\frac{1}{4}$ RIGHT SHUFFLE

- 2&3** Turn $\frac{1}{4}$ left and step left forward, step right together, step left to side
- 4-5** Turn $\frac{1}{2}$ left and step right to side, turn $\frac{1}{2}$ 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 $\frac{1}{4}$ right and step right forward

LEFT FORWARD, $\frac{1}{4}$ RIGHT PIVOT TURN, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK & RECOVER, RIGHT SYNCOPATED CROSS ROCK-RECOVER-SIDE

2-3 Step left forward, turn $\frac{1}{4}$ 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, $\frac{1}{4}$ LEFT SHUFFLE, RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, $\frac{1}{4}$ 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 $\frac{1}{4}$ left and step left forward

6-7 Step right forward, turn $\frac{1}{2}$ left (weight to left)

8& Turn $\frac{1}{4}$ 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