

After You

48 count, 4 wall, intermediate level

Choreographer: Peter Metelnick & Alison Biggs
(June 2007)

Choreographed to: After You by 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

TAG: After 2nd wall on the back

STEP R & L FWD, R MAMBO, STEP L & R BACK, L COASTER STEP

- 1-4 Step R fwd, step L forward, rock step R fwd & recover, step R back
5-8 Step L back, step R back, step L back, step R next to L, step L forward
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