After Shock

Count: 64

Level: Intermediate

Choreographer: Stephen Sunter (UK)

Music: 2 Times (Original Radio Edit) - Ann Lee

| Start with feet s | T, CROSS STEP, KICK, CROSS STEP, HEELS IN, OUT, KICK, CROSS STEP, KICK lightly apart and right slightly forward. You should travel slightly forward on the first eight |
|--------------------------|---|
| counts | |
| 1&2 | Twist both heels in, heels back in place (end with weight on right), cross step left over right |
| 3-4 | Kick right diagonally forward, cross step right over left |
| 5&6 | Twist heels together, heels back in place (end with weight on right), kick left diagonally forward |
| 7-8 | Cross step left over right, kick right diagonally forward |
| TOUCH, FULL | TURN, STEP, STEP, HIP GRIND, CHARLESTON |
| 1-2 | Touch right toe across and next to left, full turn left on ball of left foot pushing round using right |
| 3-4 | Step right, step left next to right |
| 5-6 | Hip grind left over 2 counts |
| &7 | Split heels, move right back has heels are brought back together |
| &8 | Split heels, move left back has heels are brought back together |
| End with weigh | t on left foot |
| HEEL & HEEL, PIVOT | SIDE, BEHIND, SIDE, FRONT, LARGE STEP RIGHT, STEP LEFT, STEP RIGHT, LEFT $\frac{1}{2}$ |
| &1&2& | Hitch right, touch right heel forward, hitch right, touch right heel forward, hitch right |
| 3 | Push right out to right side |
| Counts &4&5 y | ou should only move the leg from the knee down. Top part of leg should still be on a diagonally |
| &4 | Swing right leg behind left, swing right out to side |
| &5 | Swing right in front of left, swing right out to right making a large step right |
| 6&7 | Slide left next to right, step left next to right, step forward right |
| 8 | Pivot ½ left |
| HEEL & HEEL, PIVOT | SIDE, BEHIND, SIDE, FRONT, LARGE STEP RIGHT, STEP LEFT, STEP RIGHT, LEFT $\frac{1}{2}$ |
| &1&2& | Hitch right, touch right heel forward, hitch right, touch right heel forward, hitch right |
| 3 | Push right out to right side |
| On counts &4& diagonally | 5, you should only move the leg from the knee down. Top part of leg should still be on a |
| &4 | Swing right leg behind left, swing right out to side |
| &5 | Swing right in front of left, swing right out to right making a large step right |
| 6&7 | Slide left next to right, step left next to right, step forward right |
| 8 | Pivot ½ left |
| STEP FORWA | RD, HEEL FORWARD, HEEL GRIND, SAILOR, BEHIND, SIDE, FORWARD |
| 1-2 | Step forward right, place left heel forward toes turned inward |
| 3&4 | Grind heel toes turned outward, turn toes inward, turn toes outward |
| 5&6 | Step left behind right, right step to right side, step left |
| 7&8 | Step right behind left, step left to left, step forward right |
| ROCK FORWA | RD, LEFT ½ SHUFFLE, STEP FORWARD, ½ PIVOT LEFT, RUN RIGHT, LEFT HEEL |
| 1-2 | Rock forward left, replace weight to right |



COPPER KNOE

- 3&4 ¹/₂ turn left stepping left, right, left
- 5-6 Step forward right, ½ pivot left
- 7&8 Step forward right, step forward left, place right heel forward toes turned inward

HEEL GRIND, SAILOR, BEHIND, SIDE, FORWARD, STEP, ${\rm 1}{\rm \!2}$ PIVOT

- 1&2 Grind heel toes turned outward, turn toes inward, turn toes outward
- 3&4 Step right behind left, left step to left side, step right
- 5&6 Step left behind right, step right to right, step forward left
- 7-8 Step right forward, pivot ½ left

WALK RIGHT, LEFT, PUSH & STEP BACK, LOCK LEFT, 1 ¼ TURN RIGHT, STEP LEFT, STEP RIGHT

- 1-2 Step forward right, step forward
- 3&4 Push forward on right toes, replace weight to left, large step back on right
- 5 Lock left across right, toes touching to right of right foot
- 6 On ball of right and pushing of left make a 1 ¼ turn right, (keep weight on ball of right foot)
- 7-8 Step forward left, step right next to left, slightly forward & back into start position

REPEAT