

After Tonight (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Niels Poulsen (DK) - 2011年02月
音乐: After Tonight - Justin Nozuka : (Album: Holly - 2007)



前奏: Intro: 16 counts from first beat in music (10 secs into track). Weight on L

A section – Hit the beats of the guitar sound and the lyrics!

A部份 – 跟著吉他聲及歌詞舞動(32拍, 4面牆)

第一段 Walk R, walk L with prep, ¼ L, cross shuffle, ¼ L back, L back rock, full turn R

- 1 – 2 Walk fw R (1), walk fw L turning upper body R to prep for L turn coming up (2) 12:00 右足前走, 左足前走身體向右轉準備左轉動作(面向12點鐘)
- 3&4&5 Turn ¼ L stepping R to R side (3), cross L over R (&), step R to R side (4), cross L over R (&) turn ¼ L stepping back on R (5)
左轉90度右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏, 左轉90度右足後踏
styling note: try to make counts 3&4&5 a gradual ½ L 6:00
試著3&4&5以漸進式地左轉180度(面向6點鐘)
- 6 – 7 Rock back on L (6), recover on R (7) 6:00
左足後下沉, 右足回復(面向6點鐘)
- 8& Turn ½ R stepping back on L (8), turn ½ R stepping fw on R (&) 6:00
右轉180度左足後踏, 右轉180度右足前踏 (面向6點鐘)

第二段 ½ R with slow sweep, anchor step, ball step, fw L, ½ R, ¼ side rock

- 1 – 2 Turn ½ R stepping back on L starting to sweep R out to side (1), sweep R behind L (2) 12:00
右轉180度左足後踏右足繞至後, 右足繞至左足後 (面向12點鐘)
- 3&4 Step R behind L (3), change weight to L (&), change weight to R (4) 12:00
右足於左足後踏, 重心至左足, 重心至右足 (面向12點鐘)
- 8&5 Change weight to L (&), push off L foot stepping fw on R (5) 12:00
重心至左足, 壓左足右足前踏 (面向12點鐘)
- 6 – 7 Step fw on L (6), turn ½ R stepping onto R (7) 6:00
左足前踏, 右轉180度右足踏 (面向6點鐘)
- 8& Turn ¼ R rocking L to L side (8), recover on R (&) 9:00
右轉90度左足左下沉, 右足回復 (面向9點鐘)

第三段 Cross ball, sweep R, jazz ¼ R, cross, R & L points, fw, tap, back lock step

- 1 – 2 Cross ball of L foot over R and start sweeping R to R (1), step down on L and sweep R fw (2) 9:00
左足於右足前交叉踏右足繞向前, 重心在左足右足繼續繞 (面向9點鐘)
- 3&4& Cross R over L (3), turn ¼ R stepping L back (&), step R to R side (4), cross L over R (&) 12:00
右足於左足前交叉踏, 右轉90度左足後踏, 右足右踏, 左足於右足前交叉踏(面向12點鐘)
- 5&6& Point R to R side (5), step R next to L (&), point L to L side (6), step L next to R (&) 12:00
右足右點, 右足併踏, 左足左點, 左足併踏(面向12點鐘)
- 7& Step fw on R (7), tap L toe behind R with body opened to L side (&) 12:00
右足前踏, 左足趾於右足後點身體面向左 (面向12點鐘)
- 8&1 (Keeping upper body opened to L side) Step L back (8), lock R over L (&), step back on L (1). 12:00
(身體仍面向左)左足後踏, 右足於左足前鎖踏, 左足後踏 (面向12點鐘)
Optional styling: when stepping back on L (count 1) you can add a 'flick ronde en l'air'. Do this: flick R heel backwards and up and opening R leg to R side at the same time (1). See my video for exact execution...
(1)左足後踏時, 可以右腳做一個後勾, 也就是右足踵向後勾, 右腿同時向右開, 請參閱Niels示範片

第四段 R back rock, ¼ L into R scissor step, side L, drag, R back rock

- 2 – 3 Rock back on R (2), recover on L (3) 12:00
右足後下沉, 左足回復 (面向12點鐘)

- 4&5 Turn ¼ L stepping R to R side (4), step L behind R (&), cross R over L (5) 9:00
左轉90度右足右踏, 左足於右足後踏, 右足於左足前交叉踏 (面向9點鐘)
- 6 – 7 Step L to L side (6), drag R towards L (7) 9:00
左足左踏, 右足拖併 (面向9點鐘)
- 8& Rock back on R (8), recover weight fw on L (&) 9:00
右足後下沉, 左足回復 (面向9點鐘)

B section (faces 6:00 the first time you do it) - Hit the lyrics!

第一段 Fw R, ½ L, fw R, ½ R, back lock step, syncopated coaster step, fw R with hitch

- 1 – 2 Step fw on R (1), turn ½ L stepping fw on L (2) 12:00
右足前踏, 左轉180度左足前踏 (面向12點鐘)
- 3 – 4 Step fw on R (3), turn ½ R stepping back on L (4) 6:00
右足前踏, 右轉180度左足後踏 (面向6點鐘)
- 5&6 Step back on R (5), lock L over R (&), step back on R (6) 6:00
右足後踏, 左足於右足前鎖踏, 右足後踏 (面向6點鐘)
- 8&7&8 Step back on L (&), step R next to L (7), step fw on L (&), step fw on R hitching L knee (8) 6:00
左足後踏, 右足併踏, 左足前踏, 右足前踏左膝抬 (面向6點鐘)

第二段 Slip slide X 2, cross, side rock cross, tap L behind, recover L with slow sweep

- 1&2 Cross L over R (1), step R to R side and start sliding L towards R (&), change weight to L flicking R foot to R side (2) 6:00
左足於右足前交叉踏, 右足右踏左足滑併, 重心至左足右足右勾 (6點鐘)
- 3&4 Cross R over L (3), step L to L side and start sliding R towards L (&), change weight to R flicking L foot to L side (4) 6:00
右足於左足前交叉踏, 左足左踏右足滑併, 重心至右足左足左勾 (6點鐘)
- 5&6& Cross L over R (5), rock R to R side (&), recover on L (6), cross R over L (&) 6:00
左足於右足前交叉踏, 右足右下沉, 左足回復, 右足於左足前交叉踏
- 7&8 Tap L behind R (7), step back on L and sweep R to R side (&), sweep R behind L (8) 6:00
左足於右足後點, 左足後踏右足繞, 右足繞至左足後 (面向6點鐘)

第三段 Behind side cross, side rock ¼ R, touch step X 2, kick out out

- 1&2 Cross R behind L (1), step L to L side (&), cross R over L (2) 6:00
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏 (面向6點鐘)
- 3&4 Rock L to L side (3), turn ¼ R as you recover onto R (&), step fw L (4) 9:00 左足左下沉, 右轉90度右足回復, 左足前踏 (面向9點鐘)
- 5&6& Touch R next to L (5), step R diagonally fw (&), touch L next to R (6), step L diagonally fw (&) 9:00
右足併點, 右足斜角前踏, 左足併點, 左足斜角前踏 (面向9點鐘)
- 7&8 Kick R fw (7), step R slightly out to R side (&), step L slightly out to L side (8) – feet apart 9:00
右足前踢, 右足略右踏, 左足略左踏 (雙腳分開) (面向9點鐘)

第四段 Apple jacks X 2, R sailor ¼ R, fw L, swivel ½ R, back R L, R coaster step

- 8&1&2 Lift L toes and R heel and twist to L side (&), return both feet to centre (1), lift R toes and L heel and twist to R (&), return both feet to centre (2) – weight L 9:00
左足趾右足踵向左轉, 雙腳回原位, 右足趾左足踵向右轉, 雙腳回原位(重心在左足, 面向9點鐘)
- 3&4 Cross R behind L (3), turn ¼ R stepping L a small step to L side (&), step fw on R (4) 12:00
右足於左足後交叉踏, 右轉90度左足略左踏, 右足前踏 (面向12點鐘)
- 5&6 Step fw on L (5), swivel R heel almost ½ R (&), swivel L heel ½ L and at the same time completing ½ turn with R heel (6) – weight on L 6:00
左足前踏, 右足踵向右旋轉180度, 左足踵向左旋轉180度 (重心在左足, 面向6點鐘)
- 8&7&8 Step R back (&), step L back (7), step R back (&), step L next to R (8) (the &8 steps are the beginning of a coaster step) 6:00
右足後踏, 左足後踏, 右足後踏, 左足併踏 (8&是海岸步的前2步, 面向6點鐘)

Restart: After your first B do the first 7 counts of A. Then step fw on L (8), turn ½ R on L (&). Restart! 6:00

第一個B部份結束, 做A部份的前7拍, 第8拍左足前踏, 再右轉180度, 面向6點鐘, 從頭起跳