

After Taste

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 0 级数: Phrased Advanced
编舞者: Rachael McEnaney (USA) - July 2021
音乐: Taste - 5 After Midnight : (iTunes)



Count In: Dance begins 16 counts from start of track, begin dance on lyrics

Notes: PHRASING A, B, C (x2) D, A, B, C (x2), D, A, A, TAG, D, D

A special thank you goes to my friend Liam (Pot Of Gold) Hrycan for suggesting this track.

A [1-8] R Kick ball step L (releve), R fwd, 1/4 L sway, hold, R sway, 1/4 L

- 1&2 Kick R forward [1]. Step ball of R in place [&]. Step L forward in relevé (raised on L ball) [2]
3 4 Hold (still in releve on L ball) [3]. Step R forward with R knee slightly bent like a lunge [4]
5 6 Make 1/4 turn left transferring weight L as you sway upper body left [5]. Hold [6]
7 8 Transfer weight R as you sway upper body right [7]. Make 1/4 turn left transferring weight L [8]

A [9-16] 1/4 L stepping R side, L behind, 1/4 L stepping R back, L heel, L push (or camel), R push (or camel), L fwd, R fwd

- 1 2 Make 1/4 turn left stepping R to right side [1]. Cross L behind R [2].
3 4 Make 1/4 turn left stepping R back [3]. Touch L heel forward [4]
5 6 Option 1: Push L ball in place (lowering heel) as you slide R back [5]. Push R ball in place (lowering heel) as you slide L back [6]

Option 2: Step L in place as you pop R knee forward [5]. Step R in place as you pop L knee forward [6]

- 7 8 Step L forward [7]. Step R forward [8]

A [17-24] L fwd, full spiral turn right, R fwd sweeping L, weave: L cross, R side, L behind, R side (option to do knee pops/camel walk)

- 1 2 3 Step L forward (prepping upper body to left) [1]. Make full spiral turn right (weight remains L) [2,3]
4 Step R forward as you sweep L (strong sweep) [4]
5 6 7 8 Cross L over R (pop R knee) [5]. Step R to right side (pop L knee) [6]. Cross L behind R (pop R knee)[7]. Step R to right side (pop L knee) [8]

A [25-32] L cross rock, L side, R cross, unwind 1/2 turn L, V step with "rain" arm styling.

- 1 2&3 4 Cross rock L over R [1]. Recover weight R [2]. Step L to L side [&]. Cross R over L [3].
Unwind 1/2 turn left (weight ends L) [4]

- 5 6 7 8 Step R to right diagonal [5]. Step L to left side [6]. Step R back [7]. Step L next to R [8]

Styling: As you do the V-step take both arms up (palms facing towards you) and sprinkle fingers bringing hands down for the lyrics "Rain Rain"

B [1-8] Diagonal Slides (step touch) to each corner R-L-R-L

- 1 2 Step R to right diagonal (towards 7.30 body is facing 4.30) [1]. Touch L next to R [2].
3 4 Make 1/2 turn left as you step L to left diagonal (towards 10.30 body is facing 1.30) [3]. Touch R next to L [4]
5 6 Step R to right diagonal (towards 1.30 body is facing 10.30) [5]. Touch L next to R [6]
7 8 Make 1/2 turn left as you step L to left diagonal (towards 4.30 body is facing 7.30) [7]. Touch R next to L (square up to 6.00) [8]

B [9-16] Skate R-L, rolling vine R into body roll R, L side, R behind

- 1 2 Skate R to right [1]. Skate L to left as you prep upper body left [2].
3 4 Make 1/4 turn right stepping R forward [3]. Make 1/2 turn right stepping L back [4].
5 6 Make 1/4 turn right stepping R to side (start body roll to right) [5]. Hold (continue body roll) [6].

7 8 Step L in place [7]. Cross R behind L [8]

C [1-8] L side, R touch, R side, L touch, Step L back, R back, L back (big step), Hold

1 2 Step L to left side [1]. Touch R next to L [2]. Styling: Take L arm out to left side [1]. Pull L hand in leading with elbow [2] 6.00
3 4 Step R to right side [3]. Touch L next to R [4]. Styling: Take R arm out to right side [3]. Pull R hand in leading with elbow [4] 6.00
5 6 Step L back (and slightly to left side) [5]. Step R back (and slightly to right side) [6] 6.00
7 8 Take big step back L [7]. Hold as you drag R towards L (weight remains L) [8] 6.00

C [9-16] R ball, L cross, R side rock (with chest pops), R behind, 1/4 turn L, R side rock (with chest pops), R behind

& 1 Step ball of R to right side [&]. Cross L over R [1] 6.00
2 3 Rock R to right side [2]. Recover weight L [3] Styling: Do 2 chest pops on counts 2,3 (there is a breathing sound in music) 6.00
4 5 Cross R behind L [4]. Make 1/4 turn left stepping L forward 3.00
6 7 Rock R to right side [6]. Recover weight L [7] Styling: Do 2 chest pops on counts 6,7 (there is a breathing sound in music) 3.00
8 Cross R behind L [8] 3.00

NOTE You will always do Part C twice meaning you will end facing 12.00 ready to do Part D

D [1-8] L side, R close hitching L, L side, R close, 3 points (with finger) R-L-R. 2 x ball changes in place

1 2 (Angle body to 10.30) Step L to left side [1]. Step R next to L as you hitch L knee [2]. 10.30
3 4 Step L to left side [3]. Step R next to L as you square up to 12.00 [4] 12.00
5 & 6 Point R finger (and arm) up to right diagonal [5]. Point L finger (and arm) out to left side [&]. Point R finger (and arm) down to right diagonal [6] 12.00
& 7 & 8 Rock back on R ball [&]. Recover/Step L in place [7]. Rock back on R ball [&]. Recover/Step L in place 12.00

D [9-16] 1/2 turn right swiveling heels R then L, Walk fwd R-L-R, "Slap slap, clap, slap slap, snap snap" with side steps L, R flick

& 1 Making 1/2 turn right: Swivel R heel in towards L (drop R heel down, feet are now heels together) [&]. Swivel L heel to left (drop L heel taking weight L, option to hitch R knee) [1] 6.00
2 3 4 Step R forward [2]. Step L forward [3]. Step R forward [4] 6.00
5 & 6 Step L to left side as you slap/swipe hands back on thighs [5]. Swipe/slap hands forward on thighs [&]. Step R next to L as you clap hands [6] 6.00
& 7 Slap front of R thigh with R hand [&]. Slap front of L thigh with L hand as you step L to left side [7] 6.00
& 8 Snap/click fingers of right to right side [&]. Snap/click fingers of left to left side as you flick R foot up behind L [8] 6.00

D [17-24] R side (flick L back), L cross, R side, R close, V-step on heels, L heel, L close, R heel, R close

1 2 Step R to right side as you flick L foot back [1]. Cross L over R [2] 6.00
3 4 Step/Push R out to right side [3]. Step R next to L [4] 6.00
5 & Step diagonally forward on L heel [5]. Step diagonally forward on R heel (shoulder width apart from L) [&] 6.00
6 & Step L back [6]. Step R next to L [&] 6.00
7 & Touch L heel forward (styling option: brush L shoulder with R hand) [7]. Step L next to R [&] 6.00
8 & Touch R heel forward (styling option: brush R shoulder with L hand) [8]. Step R next to L [&] 6.00

D [25-32] L fwd, 1/2 turn R bouncing heels 3x, 2 syncopated lock steps forward, L fwd.

1 2 3 4 Step L forward [1]. Make 1/2 turn right bouncing both heels 3 times (weight ends R) [2, 3, 4] 12.00
5 & 6 Step L to left diagonal [5]. Lock R behind L [&]. Step L to left diagonal [6] 12.00
& 7 & 8 Step R to right diagonal [&]. Lock L behind R [7]. Step R to right diagonal [&]. Step L forward [8] 12.00

NOTE After the tag you do part D twice, in order to start part D on L foot you need to change the last count of D25-32, instead of stepping L forward on count 8 you will touch L next to R.

TAG: After doing A twice you will finish the end of A (V step) facing 12.00, add the following 4 count tag and then start part D

1 2 3 4 Step R to right side [1] Hold (option to take arms up out to each side) [2,3,4] 12.00

Start Again - Have Fun

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